

ASK.CARE.ESCORT.



U.S.ARMY



CONUS

ACE



SUICIDE INTERVENTION



Military Crisis Line (24/7): Dial **988**, PRESS "1" (to text: **838255**);
or dial **1-800-273-8255**, Press 1; or chat online via www.veteranscrisisline.net/chat.
Deaf and Hard of Hearing, use chat, text, or TTY dial **711** then **1-800-273-8255**.

ASK YOUR BUDDY

- Have the courage to ask the question, but remain calm
- Ask your questions directly:
 - *Are you thinking of harming yourself?*
 - *Do you have a plan to kill yourself?*

CCARE FOR YOUR BUDDY

- Calmly control the situation; do not use force; be safe
- Actively listen to show empathy and support
- Remove any means that could be used for self-injury
- Request assistance if needed

ESCORT YOUR BUDDY

- Never leave your buddy alone
- Escort to local emergency room, behavioral health professional, Chaplain, chain of command, or primary care provider
- Call the Military Crisis Line

TA-095-0722

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Military One Source 24/7 Support: **800-342-9647**
Additional ACE Cards available at: <https://ephc.amedd.army.mil/HIPECatalog/>

