



“What can I do?”

NOT

“What I should have done ...”



YOU ARE NOT ALONE

IF YOU OR A FELLOW SOLDIER
NEED HELP, SCAN OR DIAL NOW:

(804) 586-0924

CHAPLAIN (24/7)



www.armyg1.army.mil/hr/suicide



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ACE SUICIDE INTERVENTION

ASK YOUR BUDDY

- Have the courage to ask the question, stay calm
- Ask directly: Are you thinking of killing yourself?

CARE FOR YOUR BUDDY

- Calmly control the situation; don't use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means of self-injury

ESCORT YOUR BUDDY

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call for help

CHAPLAIN: (804) 586-0924

Suicide Lifeline: **1-800-273-TALK (8255)** Press “1”

Military One Source Consultant: **1-800-342-9647**

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ARE YOU A VICTIM OF SEXUAL HARASSMENT/ASSAULT?

Report it! We will NOT tolerate it!



SCAN OR DIAL NOW:
Call the Fort Lee Sexual Assault
and Domestic Abuse Hotline
(804) 894-0029

Help is available 24/7!

Fort Lee victim advocates also available during duty hours at:
(804) 734-7083 / 734-6378 / 765-3717

www.**PREVENTSEXUALASSAULT**.army.mil

INTERVENE When I recognize a threat to my fellow Soldiers, I will have the personal courage to INTERVENE and prevent Sexual Assault.

ACT You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take ACTION.

MOTIVATE We are American Soldiers, MOTIVATED to keep our fellow Soldiers safe. It is our mission to prevent Sexual Harassment and Assault. We are strongest ... together.

Restricted Reporting

Allows a military member, who is a victim of sexual assault to **confidentially** report and receive medical treatment and counseling without an official investigation. To receive a Restricted Report, the military member must report to the **IVA, Victim Advocate, Health Care Provider, or Chaplain.**

Unrestricted Reporting

Allows a military member, who is a victim of sexual assault to receive medical treatment, counseling as well as a law enforcement investigation. To receive an Unrestricted Report, the military member can report to the IVA/UVA, chain of command, or law enforcement.