



## Ask your buddy

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

## Care for your buddy

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self-injury

## Escort your buddy

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline



# **SUICIDE PREVENTION HOTLINES**

Emergency: 911  
National Suicide Lifeline:  
1-800-273-8255  
1-800-SUICIDE

Local Suicide Prevention Hotline:  
808-832-3100

Military One Source:  
1-800-342-9647

TRI West Behavioral Health Crisis Line:  
1-866-284-3743

The Defense Center of Excellence  
of Psychological Health:  
1-866-966-1020

VA Suicide Prevention Help Line:  
1-800-784-2433

Military Police:  
Schofield Barracks: 808-655-5555  
Fort Shafter: 808-438-7114