



Suicide Intervention

ACE



USAPHC <http://phc.amedd.army.mil/>

USAPHC

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

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

Escort your buddy

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

TA - 120 - 0909

Suicide Hotline - 1-800-273-TALK(8255)

