# VA ACE

## SUICIDE PREVENTION

**VA Suicide Prevention Hotline** - 1-800-273-**TALK**(8255)
press "1" for Veterans

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http://www.mentalhealth.va.gov

## Ask the Veteran

- Ask the question:
  - Are you thinking about killing yourself?
  - Do you think you might try to hurt yourself?
- Ask directly

## Care for the Veteran

- Remove any means that could be used for self-injury
- Stay calm and safe
- Actively listen to show understanding and produce relief

## Escort the Veteran

- Never leave the Veteran alone
- Escort to emergency room or medical clinic
- Call VA Suicide Prevention Hotline

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