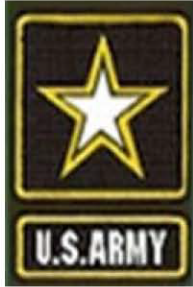


# ACE!

**A** Ask

**C** Care

**E** Escort



Have the courage to ask the question, but stay calm.

**A**  Ask the question directly, e.g., Are you thinking of killing yourself?

**C**  Remove any means that could be used for self-injury.

Calmly control the situation; do not use force.

Actively listen to produce relief.

**E**  Never leave your buddy alone.

Escort to chain of command, a Chaplain, a behavioral health professional, or a primary care provider.

Do not leave person alone – NEVER EVER!!!



## Helping Resources

Hospitals

Behavioral Health

Chaplains

Command

EAP

Army Substance Abuse Program

Army Community Community Services

**It is okay to get help!  
Getting help is a sign  
of strength!!**

Military One Source

1-800-342-9647

National Help Line

1-800-784-2433



## FSGA/HAAF Suicide Prevention Program

Brian Van Dyke  
Suicide Prevention Program Manager  
810 Worcester Ave.,  
Building 201C  
Fort Stewart, GA 31314  
Phone: 912-767-7373



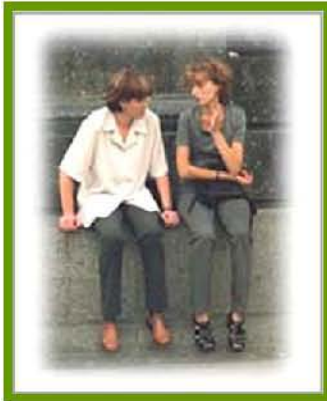
Brian.D.VanDyke2.civ  
@mail.mil

*It takes all of us to Prevent Suicide!*

# ***INFORMATION***

## *Who Is At Risk? for Suicide*

- Young
- Single
- Male
- Enlisted
- Active Duty
- Family
- Old
- Married
- Female
- Officer
- Reservists
- Friends



# ***TO***



*Suicide Prevention is  
Everyone's' Business!*

# ***KNOW***

## *Warning Signs Of Suicide!*

