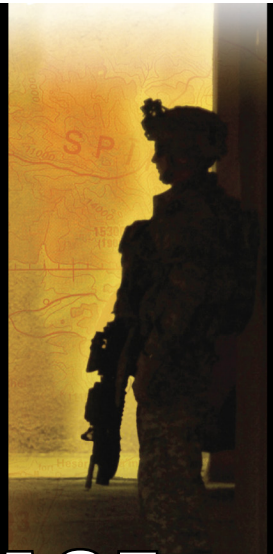
ARMYSTRONG



U.S.ARMY

ACE

Suicide Intervention

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National Suicide Prevention Lifeline:
1-800-273-8255(TALK) PRESS "1" for the Veteran's Crisis Line

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

TA - 095 - 0510

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

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