





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

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

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

