

ACE



ARMY CIVILIANS
SUICIDE INTERVENTION

National Suicide Prevention Lifeline:

1-800-273-8255(TALK) PRESS "1" for the Veteran's Crisis Line



Ask your co-worker

- Have the courage to ask the question, but stay calm
- Ask the question directly:
Are you thinking of killing yourself?

Care for your co-worker

- 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 co-worker

- Never leave your co-worker alone
- Escort to the supervisor, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline

TA - 219 - 0514

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

