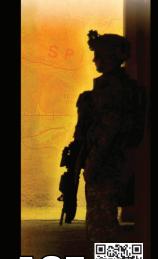


SUICIDE INTERVENTION







ASK YOUR BUDDY

- Have the courage to ask the question, but remain calm
 - Ask your questions directly:
 - Are you thinking of harming yourself?
- Do you have a plan to kill yourself?

CARE FOR YOUR BUDDY

- Calmly control the situation; do not use force; be safe
- Actively listen to show empathy and support
 Remove any means that could be
- used for self-injury
- · Request assistance if needed

ESCORT YOUR BUDDY

- · Never leave your buddy alone
 - Escort to local emergency room, behavioral health professional, Chaplain, chain of command, or primary care provider
 - Call the National Suicide Prevention Lifeline

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