



**National Suicide Prevention Lifeline:**  
1-800-273-8255 (TALK)



### **A**sk your Family Member

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

### **C**are for your Family Member

- 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

### **E**scort your Family Member

- Never leave your Family Member alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline

TA - 144 - 0810

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

