



Worried about a shipmate?
Have you noticed any behavior
changes or relationship, work, or
legal problems in your shipmates?

If you think a shipmate might be
thinking about suicide, you are
responsible for getting them
the help they need.

ACT- ASK, CARE, TREAT

ASK if someone is depressed and is
thinking about suicide

CARE Let your shipmate know that you
care about them

TREAT Get the sailor assistance as
quickly as possible



To learn more, visit <http://www.nembc.med.navy.mil/bp/>