

ACT Now!

Know the warning signs of suicide and take all talk about suicide seriously. If you are concerned about a fellow Warfighter, friend or family member, let him or her know you are concerned and care. ACT to get your loved ones the help they need.



ASK

- Ask if someone is thinking about suicide.
- Actively listen.
- Acknowledge their talk, behavior and feelings.



CARE

- Let the individual know you care.
- Discuss and show you care about what is troubling him or her.
- Care if a fellow Warfighter has a plan for suicide.



TREAT

- Never leave a person who is thinking about suicide or has a plan for suicide alone.
- Obtain professional help as soon as possible by accessing any of these resources that will best help in this situation:
 - Call the Military Crisis Line: 988, press 1.
 - Call 911.
 - Contact mental/behavioral health department at your medical treatment facility.
 - Take the individual to the emergency room.