

ACT Now!

Know the warning signs of suicide and take all talk about suicide seriously. If you are concerned about a fellow Sailor, Marine, friend, or family member, let him or her know you are concerned and care. ACT¹ 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 shipmate has a plan for suicide

TREAT

- 🌐 Never leave a person who is thinking about suicide or who has a plan for suicide alone
- 🌐 Obtain professional help as soon as possible by accessing any of these resources that will best help in the situation:
 - ▶ Call the [Military Crisis Line](https://www.militarycrisisline.com) (1-800-273-8255, press 1)
 - ▶ Call 911
 - ▶ Contact the mental/behavioral health department at your medical treatment facility
 - ▶ Take the individual to the emergency room



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

References

¹Risk & Protective Factors. Navy Personnel Command. http://www.npc.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/HowToHelp/Pages/Facts%20and%20Warning%20Signs.aspx. Updated August 2013. Accessed August 2015.