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. ACT\(^1\) 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 (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

References