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.nhec.med.navy.mil/bp/