

## Ask the Veteran

- Ask the question:
  - Are you thinking about killing yourself?
    Do you think you might try to hurt yourself?
- Ask directly

## Care for the Veteran

- Remove any means that could be used for self-injury
- Stay calm and safe
- Actively listen to show understanding and produce relief

## **E**scort the Veteran

- Never leave the Veteran alone
- Escort to emergency room or medical clinic
- Call VA Suicide Prevention Hotline



