

ACE!



A Ask

C Care

E Escort

Have the courage to ask the question, but stay calm.

A Ask the question directly, e.g., Are you thinking of killing yourself?

C Remove any means that could be used for self-injury.

Calmly control the situation; do not use force.

Actively listen to produce relief.

E Never leave your buddy alone.

Escort to chain of command, a Chaplain, a behavioral health professional, or a primary care provider.

Do not leave person alone – NEVER EVER!!!



Helping Resources

Hospitals

Behavioral Health

Chaplains

Command

EAP

Army Substance Abuse Program

Army Community Community Services

**It is okay to get help!
Getting help is a sign
of strength!!**

Military One Source

1-800-342-9647

National Help Line

1-800-784-2433



FSGA/HAAF Suicide Prevention Program

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*It takes all of us to
Prevent Suicide!*

ACE!

INFORMATION

Who Is At Risk? for Suicide

- Young
- Single
- Male
- Enlisted
- Active Duty
- Family
- Old
- Married
- Female
- Officer
- Reservists
- Friends



TO



The second or third leading cause of death in the past 10 years.



***Suicide Prevention is
Everyone's' Business!***

KNOW

Warning Signs Of Suicide!



- Talk or hints of Suicide
- Depressed Mood
- Impulsive Anger
- Substance Abuse
- Relationship Difficulties
- Legal Troubles
- Financial Problems
- Performance and Work Difficulties
- Isolation and Withdrawal
- Changes in Behaviors

