

ACE CARD



ASK Your Wingman

CARE for Your Wingman

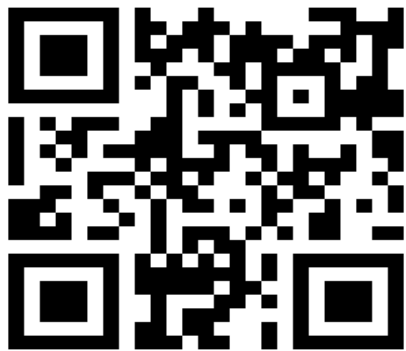
ESCORT Your Wingman

See Reverse for Questions that Can Save a Life

	In The Past Month	
Answer Questions 1 and 2	YES	NO
1) <i>Have you wished you were dead or wished you could go to sleep and not wake up?</i>		
2) <i>Have you actually had any thoughts about killing yourself?</i>		
If YES to #2, answer questions 3, 4, 5 and 6. If NO to 2, go directly to question 6		
3) <i>Have you thought about how you might do this?</i>		
4) <i>Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?</i>		
5) <i>Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?</i>		
Always Ask Question 6	In the Past 3 Months	
6) <i>Have you done anything, started to do anything, or prepared to do anything to end your life?</i> Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.		

Any YES must be taken seriously. Seek help from friends, co-worker, chaplain and inform your supervisor/other member in YOUR chain of command as soon as possible

If the answer to 4, 5 or 6 is YES, immediately ESCORT Wingman to the nearest Chaplain, Mental Health Provider, Unit Leader or Emergency Department



DON'T LEAVE YOUR WINGMAN ALONE EVEN TO GO TO THE BATHROOM.

STAY ENGAGED UNTIL YOU MAKE A WARM HAND-OFF TO SOMEONE WHO CAN HELP

Military Crisis

Line 24/7 365

1-800 273-8255