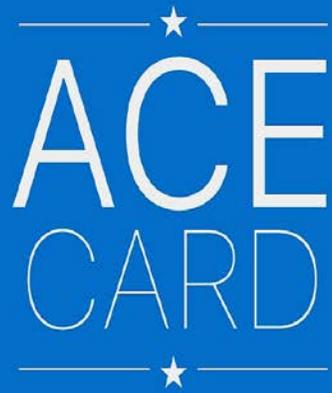


ACE



ASK
Your Wingman

CARE
For Your Wingman

ESCORT
Your Wingman

SAVE A LIFE QUESTIONNAIRE

Military Crisis Line 24/7 365
1-800-273-8255

ACE Question 1

In the past month:

Have you wished you were dead or wished you could go to sleep and not wake up?

ACE Question 2

In the past month:

Have you actually had any thoughts about killing yourself?

ACE Question 3

In the past month:

Have you thought about how you might do this?

ACE

Question 1

Question 2

Question 3

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.

Question 4

Question 5

Question 6

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

ACE Question 4

In the past month:

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?

ACE Question 5

In the past month:

Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?

ACE Question 6

In the past 3 month:

Have you done anything, started to do anything, or prepared to do anything to end your life?

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.