COMMUNITY CARD

ASK YOUR ATHLETES
CARE FOR YOUR ATHLETES
ESCORT YOUR ATHLETES

See Reverse for Questions that Can Save a Life
<table>
<thead>
<tr>
<th>Question</th>
<th>Timeframe</th>
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<tr>
<td>1) Have you wished you were dead or wished you could go to sleep and not wake up?</td>
<td>In the Past Month</td>
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<td>2) Have you actually had any thoughts about killing yourself?</td>
<td>In the Past Month</td>
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<td>If YES to 2, answer questions 3, 4, 5 and 6</td>
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<td>If NO to 2, go directly to question 6</td>
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<td>3) Have you thought about how you might do this?</td>
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<td>4) 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?</td>
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<td>5) Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?</td>
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<td><strong>Always Ask Question 6</strong></td>
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<td>6) Have you done anything, started to do anything, or prepared to do anything to end your life?</td>
<td>In the Past 3 Months</td>
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<td>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.</td>
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Any **YES** must be taken seriously. Seek help from friends, family. If the answer to 4, 5 or 6 is YES, immediately **ESCORT** to Emergency Personnel for care or call 1-800-273-8255 or text 741741 or call 911.

**DON’T LEAVE THE PERSON ALONE**

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