

# ACE CARD



**Ask** Your Fellow Sailor  
**Care** for Your Fellow Sailor  
**Escort** Your Fellow Sailor

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 the Sailor to the nearest Chaplain, Mental Health Provider, Unit Leader or Emergency Department.



**DON'T LEAVE THE INDIVIDUAL ALONE. STAY ENGAGED UNTIL YOU MAKE A WARM HAND-OFF .**

