A.C.E.

ASK your Wingman, "Are you thinking of killing yourself?"

- Be brave, be calm, be open.

CARE for your Wingman.

- Listen to their answer. Show understanding.
- Remain calm, don't judge.
- Safely remove things they can harm themselves with if you can.

**ESCORT** your Wingman to someone who can help.

- Never leave your Wingman alone.
- Get help from a healthcare professional, chaplain, or other trusted person.
- Or, call 911

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The Crisis Text Line: 741741



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