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ASK your Wingman, "Are you thinking of killing yourself?" - Be brave, be calm, be open.

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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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