

BE A WINGMAN

The Suicide Prevention Lifeline:

Call 1-800-273-8255

The Crisis Text Line:

Text 741741

If you or your wingman need help, you have resources!

First, remember ACE:

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

Use the Suicide Prevention Lifeline, or Crisis Text Line if you need to.

**You are an important part of CAP, and we want you to take care of yourself, and your Wingman.**

**Local resources where you can get more help for you and your Wingman include:**

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