

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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