Ask the Veteran
• Ask the question:
  • Are you thinking about killing yourself?
    Do you think you might try to hurt yourself?
• Ask directly

Care for the Veteran
• Remove any means that could be used for self-injury
• Stay calm and safe
• Actively listen to show understanding and produce relief

Escort the Veteran
• Never leave the Veteran alone
• Escort to emergency room or medical clinic
• Call VA Suicide Prevention Hotline

VA Suicide Prevention Hotline - 1-800-273-TALK (8255)