

VA ACE



SUICIDE PREVENTION

VA Suicide Prevention Hotline - 1-800-273-TALK(8255)
press *1* for Veterans



<http://www.mentalhealth.va.gov>

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



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