

What to do if someone is suicidal



ASK – Don't be afraid to ask.....

Are you thinking about hurting yourself?
Are you thinking about Suicide?

INTERVENE – Immediately----Take action NOW!

DON'T – Keep it a secret!

LOCATE HELP – Contact Watch/duty, Doctor,
Nurse, Corpsman, Chaplain,
Friend, Family, Hospital

INFORM – Chain of Command of the situation

FIND – Someone to stay with the person—
Don't leave the person alone!

EXPEDITE – Get help NOW! A suicidal person
Needs immediate attention!