



ACE-SI

Ask/Care/Escort-Suicide Intervention

Fort Meade's Quarterly Ask/Care/Escort-Suicide Intervention training:

The Garrison of Fort Meade is now offering ACE-SI trainings workshops, every other month. ACE-SI is a 4 hour training course on Suicide **Intervention**. ACE-SI is designed to help individuals feel comfortable with intervening when a person may be at risk for suicide. ACE-SI is open to anyone on the installation who wishes to learn more about suicide intervention.

WHO: Open to anyone over the age of 18; military, civilians, family members

WHEN: FY2015 - Feb 12, Apr 9, June 11, Aug 13, Oct 8, Dec 10

Time: 0900-1100 (break for lunch 1100-1300) 1300-1500

WHERE: Army Substance Abuse Building #2466, 85th Medical BN RD, on Fort Meade, MD

UNIFORM: ACU's or Civilian casual business attire

REGISTRATION: Call POC Marissa Pena at 301-677-7901
Email: marissa.r.pena2.civ@mail.mil

A **Ask your buddy**

- Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?

C **Care for your buddy**

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self-injury

E **Escort your buddy**

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline

National Suicide Prevention Lifeline:
1-800-273-8255(TALK) PRESS *1* for the Veteran's Crisis Line

USAPHC <http://phc.amedd.army.mil/>

TA - 095 - 0510



ARMY STRONG.