



ACE Ask/Care/Escort

Fort Meade's Monthly Ask/Care/Escort training:

Fort Meade offers monthly ACE training (90 minutes). ACE is an educational training on Suicide Awareness, designed to help inform individuals on possible signs and symptoms of a person at risk for suicide. ACE is open to anyone on the installation who wishes to learn more about suicide awareness.

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

DATES: April 8 & 26, 2016 May 25, 2015 June 22, 2016

TIME: 0900-1030

WHERE: (Classroom #8)

ASAP Building #2466, 85th Medical Battalion Ave Fort Meade MD

UNIFORM: ACU's or Civilian casual business attire

REGISTRATION ****Required**** Call Torrie Osterholm, MSS, LCSW-C
301-677-6541

Email: Torrie.Osterholm.civ@mail.mil



Ask your buddy

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

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

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

TA - 095 - 0510

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

