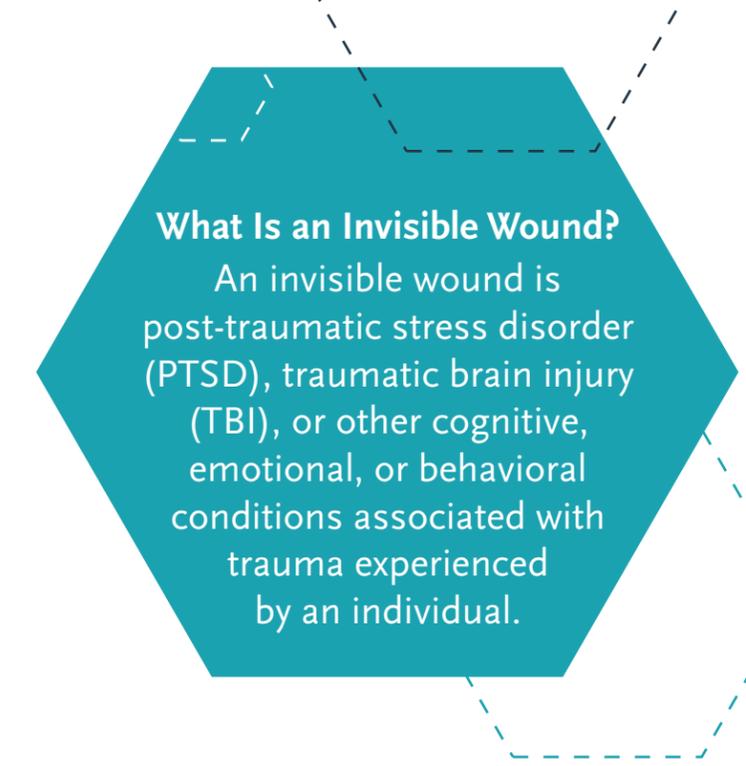




# TAKE ACTION FOR SUICIDE PREVENTION

Engage. Empathize. Support. Having conversations about invisible wounds and mental health can be the difference between life and death.



## What Is an Invisible Wound?

An invisible wound is post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), or other cognitive, emotional, or behavioral conditions associated with trauma experienced by an individual.

## Help Is Available

Certain warning signs, such as making a plan or researching ways to die, require immediate action. **Call 911** or contact an emergency hotline for anyone in crisis.

## Create a Supportive Culture

Engage your fellow Wingmen to find out what is causing their distress and to help you determine how best to provide support.

### Step 1: Talk

- Reach out and ask if it's a good time to talk
- Call, text, or video chat
- Ask them how they are doing

### Step 2: Empathize

- Acknowledge their feelings
- Summarize and repeat back what you heard them say
- Tell them seeking care is a sign of strength

### Step 3: Support

- Encourage self-care and help-seeking behavior
- Address barriers to seeking care
- Support them in finding care

### Step 4: Sustain

- Follow-up and stay engaged with your Wingman
- Continue to support them throughout the recovery process

## Save a Life: Ask, Care, Escort

Use the Ask, Care, Escort model to help fellow Wingmen experiencing severe distress.

### Ask Your Wingman

- Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?
- And, do you have access to a firearm?

### Care for Your Wingman

- 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 Wingman

- Never leave your buddy alone