Acute Risk Factors (warning signs)
- Ideas about death or suicide
- Substance use increase
- Purposelessness in life
- Agitation
- Trapped feelings
- Hopelessness
- Withdrawal from others
- Anger, irritability, or aggression
- Reckless behaviors or impulsivity
- Mood or emotion changes

Predisposing Risk Factors
- Previous Suicide Attempt(s)
- History of self-harm
- History of behavioral health disorder
- Family history of suicide
- History of abuse or trauma
- Impulsivity
- Chronic pain
- Access to lethal means

U.S. Army Corps of Engineers

SUICIDE
QUICK REFERENCE CARD

Ask your Team Member
• Have the courage to ask if they are “thinking of hurting or killing yourself”?
• Stay calm. Use warm eye contact.

Care for your Team Member
• Calmly control the situation; don’t use force
• Actively listen and show understanding.
• Remove means of self-injury, if no danger.

Escort your Team Member
• Escort to leader or call 911.
• Notify Commander directly

Self-care – Provide resources to all involved
• Employee Assistance Program info.
• Suicide Prevention lifeline 1-800-273-TALK
• USACE Surgeon, Chaplain, CISM Team info.

Rear of the card

Front of the card
Suicide Response Steps

“ACES”

1. **ASK DIRECTLY, WHEN SUSPICIOUS**
   - Have the courage to calmly ask “Are you thinking about hurting or killing yourself?”
   - Just like any skill, practicing how you to ask this question is vitally important.

2. **CARE**
   - Remove means of injury, if done so safely.
   - Care by controlling the situation through active listening and showing understanding.
   - Use open body language and head nodding to show interest and understanding.

3. **ESCORT TO HELP**
   - Never leave someone suicidal alone.
   - Escort to Chain of Command or call 911.
   - Notify Commander directly.
   - Give them suicide prevention hotline phone 800-273-8355 or text 838255.

4. **SELF-CARE**
   - Supervisors should ensure all involved staff are given referral information below:

   - USACE Surgeon: CDR Tom Janisko 202-604-7966
   - USACE Critical Incident Stress Team 314-925-5250

Suicide Prevention Steps

“CAR”

1. **CHECK IN ROUTINELY**
   - USACE supervisors / employees should “check in” with all coworkers and family members frequently by asking “you ok?” to make sure they know if there is a problem, they know there are resources available and they aren’t alone.
   - If there are changes in behavior, seek opportunities for them to talk openly.

2. **ACT WITH POSITIVITY AND KINDNESS**
   - USACE supervisors and employees should always act with positivity and kindness. A warm workplace creates a more resilient workplace.

3. **RESOURCES**
   - Provide resources to family members and employees on where to turn in need.
   - The suicide prevention hotline phone 800-273-8355, text 838255, or www.suicidepreventionlifeline.org

- Crisis Text Line: Text START to 741-741

Inner-left of the card

Inner-right of the card