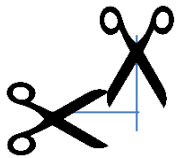


Greyscale Version

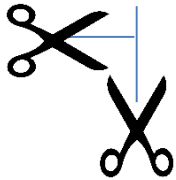


Acute Risk Factors (warning signs)

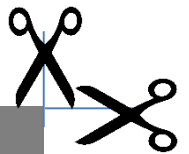
Ideas about death or suicide
Substance use increase
Purposelessness in life
Agitation
Trapped feelings
Hopelessness
Withdrawal from others
Anger, irritability, or aggression
Reckless behaviors or impulsivity
Mood or emotion changes

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



Rear of the card



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

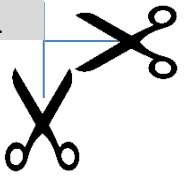
- Calmly control the situation; don't use force
- Actively listen and show understanding.
- Remove means of self-injury, if no danger.

Escort your Team Member

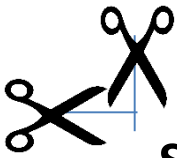
- Escort to leader or call 911.
- Notify Commander directly

Self-care – Provide resources to all involved

- Employee Assistance Program info.
- Suicide Prevention lifeline 1-800-273-TALK
- USACE Surgeon, Chaplain, CISM Team info.



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.

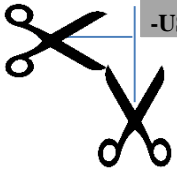
3 ESCORT TO HELP

- 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.**

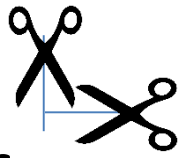
4 SELF-CARE

- 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



Inner-left of the card



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.

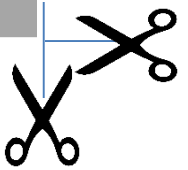
2 ACT WITH POSITIVITY AND KINDNESS

- 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**

-USACE Chaplain CH(COL) Mitch Lewis 202-761-0772
-Crisis Text Line: Text START to 741-741



Inner-right of the card