

MCES “ACE” -Actual Size = 2 1/2” x 3 1/2” (Playing Card)



IF SOMEONE IS SUICIDAL:

Ask

Calmly say:

- Are you thinking of killing yourself?
- Do you think that you might try to hurt yourself?

Be clear and direct

Care

- Remove any means (if this is possible and safe to do)
- Stay cool but in control; no pressure
- Actively listen

Engage

- Show you understand
- Never leave him alone
- Call 9-1-1 or MCES

Adapted from US ARMY & VA

**Montgomery County Emergency Service
610-279-6100 (24/7)**