MCES “ACE” - Actual Size = 2 ½” x 3 ½” (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)