

Tips Regarding How to Use the ACE Card

Ask the Veteran

- To determine if a Veteran is suicidal it is helpful to
 - Interact in a manner that communicates concern
 - Know how to manage your own discomfort in order to directly address the issue
- The most difficult ACE step is asking
 - You look upset. Have you thought of hurting yourself?
 - Do you wish you were dead?
- When to ask the question
 - Ask the question anytime you think the Veteran may be a danger to themselves

Care for the Veteran

- Show the Veteran that you care about what they are saying and that you are not passing judgment on what they think or feel
 - Actively listen to their story
 - Nod your head and encourage them to tell you more
- Accept that their situation is serious and deserving of attention

Escort the Veteran

- Do everything you can to encourage and expedite the Veteran getting help
- Explain that there are trained professionals available to help
 - Suggest that treatment might help
- If the Veteran tells you that they have had treatment before and it has not worked, try asking: "What if this is the time it does work?"

Safety Guidelines

Call 911 or take the Veteran to the emergency room if

You are not in face-to-face contact but are speaking over the phone or computer with a Veteran who expresses intent to harm self or others

A Veteran is displaying threatening behavior with a weapon or object that can be used as a weapon

A Veteran tells you that they have overdosed on pills or other drugs or there are signs of physical injury

Resources for Families and Friends

Veterans Crisis Line

1-800-273-TALK (8255) and press "1" for Veterans

VA Mental Health Home Web Page

<http://www.mentalhealth.va.gov>

Rocky Mountain MIRECC educational products:

<http://www.mirecc.va.gov/visn19/education/products.asp>

Order educational products free of charge:

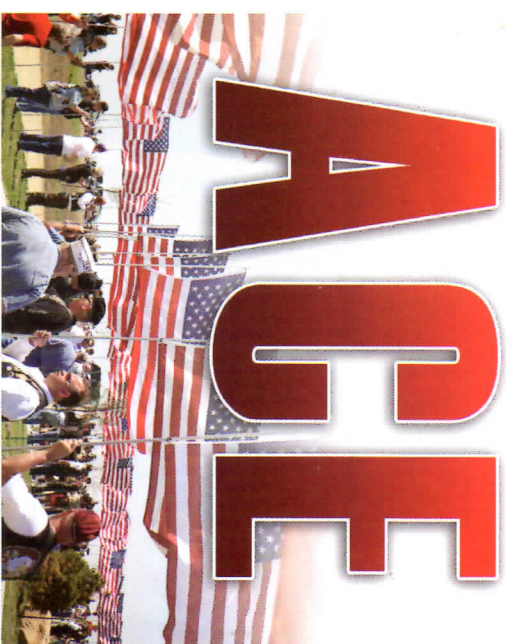
<http://www.mirecc.va.gov/visn19/orderform/orderform.asp>

Nearest Local Emergency Room: _____

Contact Information for Local VA Provider: _____



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Suicide Prevention for Veterans and Their Families and Friends



Goal of **ACE**

The purpose of ACE is to help Veterans, their family members and friends learn that they can take the necessary steps to get help.

The acronym ACE (Ask, Care, Escort) summarizes the steps needed to take an active and valuable role in suicide prevention.