

# SUICIDE PREVENTION-RESOURCES

Resources are available!!! If the threat is imminent call 911

1. **Military One Source @ 1-800-342-9647**
2. **Behavioral Health @ 526-7155 (duty hours)**
3. **Evans Army Community Hospital Emergency Room @ 526-7111**
4. **DOD Suicide Prevention Hotline @ 1-800-273-8255 (talk)**
5. **Local Suicide Prevention Hotline @ 596-5433**
6. **For National Suicide Prevention Hotline @ 1-800-784-2433**

It is important not to leave a suicidal person alone, it is also always OK to: Remember **ACE**

**ASK:** Inquire if the person is suicidal.

**CARE:** Show the individual that you care; compassion will do much more than anger or fear.

**ESCORT:** Insure that you take the individual to a helping agency, with a warm handoff, share what you know about your concern with the helping agency.\

1. **Fort Carson Chaplain after hours @ 526-3400**
2. **Military Family Life Counselors @ 338-7216**
3. **Military Police desk @ 526-2333**