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