

# ACE CARD



***ASK FRIENDS AND FAMILY***

***CARE FOR FRIENDS AND FAMILY***

***ESCORT FRIENDS AND FAMILY***

**See Reverse for Questions that Can Save a Life**

	In the Past Month	
<b>Answer Questions 1 and 2</b>	YES	NO
<i>1) Have you wished you were dead or wished you could go to sleep and not wake up?</i>		
<i>2) Have you actually had any thoughts about killing yourself?</i>		
<b>If YES to 2, answer questions 3, 4, 5 and 6 If NO to 2, go directly to question 6</b>		
<i>3) Have you thought about how you might do this?</i>		
<i>4) Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?</i>		
<i>5) Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?</i>		
<b>Always Ask Question 6</b>	In the Past 3 Months	
<i>6) Have you done anything, started to do anything, or prepared to do anything to end your life?</i>		
Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.		

**Any YES must be taken seriously. Seek help from friends, family, co-workers, and inform them as soon as possible. If the answer to 4, 5 or 6 is YES, immediately ESCORT the person to Emergency Personnel for care.**



**DON'T LEAVE THE PERSON ALONE.  
STAY ENGAGED UNTIL YOU  
MAKE A WARM HAND OFF TO  
SOMEONE WHO CAN HELP.**

