

# What to do if someone is suicidal...



**ASK** – Don't be afraid to ask.....  
Are you thinking about hurting yourself?  
Are you thinking about Suicide?

**I**NTERVENE – Immediately----Take action NOW!

**D**ON'T – Keep it a secret!

**L**OCATE HELP – Contact Watch/duty, Doctor,  
Nurse, Corpsman, Chaplain,  
Friend, Family, Hospital

**I**NFORM – Chain of Command of the situation

**F**IND – Someone to stay with the person—  
Don't leave the person alone

**E**XPEDITE – Get help NOW! A suicidal person  
Needs immediate attention!