

# MCES “ACE” -Actual Size = 2 1/2” x 3 1/2” (Playing Card)



## ***IF SOMEONE IS SUICIDAL:***

### **Ask**

Calmly say:

- Are you thinking of killing yourself?
- Do you think that you might try to hurt yourself?

Be clear and direct

### **Care**

- Remove any means (if this is possible and safe to do)
- Stay cool but in control; no pressure
- Actively listen

### **Engage**

- Show you understand
- Never leave him alone
- Call 9-1-1 or MCES

*Adapted from US ARMY & VA*

**Montgomery County Emergency Service  
610-279-6100 (24/7)**