



UNITED STATES AIR FORCE

SUICIDE PREVENTION

ACE

When dealing with a person in distress, use the ACE method. ACE is an acronym that stands for Ask, Care and Escort. This is how it works:

Ask your Airman, buddy, co-worker or family member direct questions about thoughts of suicide. Ask if they have access to any means of harming themselves, for example, a gun, knife, medications, etc.

Care for him by calmly expressing concern and limiting his access to any means for self-harm.

Escort him right away to a helping resource or agency.

And remember: never leave the distressed person alone.