

# ASK\*CARE\*ESCORT (A.C.E)

## ASK YOUR WINGMAN

Have the courage to ask the question, but stay calm

Ask the question directly: Are you thinking of killing yourself?

And, do you have access to a firearm?

## CARE FOR YOUR WINGMAN

Calmly control the situation; do not use force; be safe

Actively listen to show understanding and produce relief

Remove any means that could be used for self-injury

## ESCORT YOUR WINGMAN

Never leave your buddy alone

<https://www.resilience.af.mil/intervention-tools/>