

# BE A LIGHT THAT SUSTAINS A LIFE

## FACT SHEET

### What to Look For

Be a light that sustains a life for someone who may be considering suicide. Leaders, Soldiers, Family and other community members should watch for these warning signs:

- Talking about wanting to die or kill themselves.
- Looking for a way to kill themselves, such as by searching online or buying a gun.
- Expressing feelings of hopelessness, being trapped or being a burden to others.
- Increasing alcohol or drug use or engaging in other reckless activities.
- Sleeping or eating too much or too little.
- Isolating themselves, showing rage or exhibiting extreme mood swings.
- Giving away personal possessions.

Connect to Protect: Support Is Within Reach

## RESOURCES

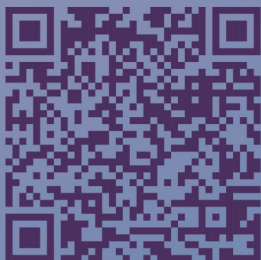
### Ask. Care. Escort. (ACE)

The Army Suicide Prevention Program (SP2) provides resources for suicide prevention, postvention skills and support for those who have lost a loved one to suicide. Ask. Care. Escort. (ACE) increases awareness of risk factors and warning signs:

- **Ask** if the person is thinking about harming themselves.
- **Care** about the person through listening and reassuring them that immediate help is available.
- **Escort** and encourage proactive use of resources.

For Suicide Prevention resources,

scan the QR code below



**Military One Source**  
militaryonesource.mil

### 988 Suicide and Crisis Lifeline

- Calls inside the continental U.S.:
  - Dial 988 and press 1 for the Military Crisis Line
- Calls outside the continental U.S. (OCONUS):
  - Europe - call 00800 1273 8255 or DSN 118
  - Korea - call 0808 555 118 or DSN 118
  - Afghanistan - call 00 1 800 273 8255 or DSN 111
  - In the Philippines, dial #MYVA or 02-8550-3888 and press 7
  - Text: 838255
  - Chat: <https://988lifeline.org/chat/>



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PREVENTION, RESILIENCE  
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**MILITARY  
ONE  
SOURCE**



**SP2**  
SUICIDE PREVENTION  
PROGRAM

**988**  
SUICIDE  
& CRISIS  
LIFELINE

[www.armyresilience.army.mil](http://www.armyresilience.army.mil)