

WINGMAN PROJECT



Citizen Airmen... Never leave their Wingman.

National Suicide Prevention Lifeline
800.273.8255 Option 1

 AFRC.WingmanToolkit.org

ASK

Have the courage to ask directly:
"Are you thinking of killing yourself?"

CARE

Intervene. Stay Calm. Control the situation.
Actively listen. Remove any means for self-injury.

ESCORT

Get the person to a primary care provider,
chaplain or other healthcare professional.
Call the National Suicide Prevention Lifeline or 911.