



Citizen Airmen... Never leave their Wingman.

National Suicide Prevention Lifeline
800.273.8255 Option 1



**AIR FORCE
RESERVE**





WINGMAN PROJECT

Ask

Ask directly:

“Are you thinking of killing yourself?”

Care

Intervene. Control the situation. Use active listening. Remove the means to do self-injury.

Escort

Get them to a primary care provider, chaplain or other healthcare professional.

www.AFRC.WingmanProject.org

