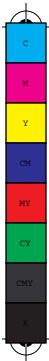




AIR FORCE
RESERVE

WINGMAN
P R O J E C T

AIR FORCE
RESERVE
WINGMAN
P R O J E C T



ASK CARE ESCORT
NEVER LEAVE YOUR WINGMAN!

www.AFRC.WingmanProject.org

National Suicide Prevention Lifeline
800.273.8255 Option 1

NEVER LEAVE YOUR WINGMAN!

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.

National Suicide Prevention Lifeline
800.273.8255 Option 1



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