

Stress first aid wallet card

Cut out a strip, fold it in half on the dotted line, and keep it in a wallet. Four cards to a page.

If someone may be suicidal Ask · Care · Escort ASK Have the courage to ask directly: "Are you thinking about killing yourself?" Speak in a calm voice. If they say yes, ask: Do you have a plan? Do you have the means, and where are they now? CARE Actively listen. Reserve judgment. Recognize when the situation is serious. Seek professional help for the person. ESCORT Connect them to a crisis line, clergy or a counselor. If safe, stay with the person or go with them to get help. Danger to themselves or others? Call 911.	Crisis numbers 911 Immediate danger to themselves or others 988 Call or text, 24/7: the Suicide & Crisis Lifeline. Chat at chat.988lifeline.org 988, then 1 Veterans and service members, or text 838255 1-800-656-4673 National Sexual Assault Hotline, 24/7 1-800-799-7233 National Domestic Violence Hotline, 24/7 211 Local health and human services Numbers checked 22 August 2026 · Community Stress First Aid
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A community resource, not a substitute for professional care. In immediate danger, call 911.