

## **Anyone Can Be the One**

Please familiarize yourself with both sides of the card

### **Step 1: Just Ask – Clearly and Directly**

**Because I want the best for you, in the past month have you:**

- 1** Wished you were dead or wished you could go to sleep and not wake up?
- 2** Had any thoughts about killing yourself?  
If YES, ask questions 3-6 below  
If NO, ask question 6 below
- 3** Thought about how you might kill yourself?
- 4** Had any intention of acting on those thoughts of killing yourself (As opposed to having the thoughts but would not act?)
- 5** Started to work out or have worked out the details on how to kill yourself? Do you intend to carry out the plan?
- 6** In the PAST 3 MONTHS have you done anything, started to do anything, or prepared to do anything to end your life?

### **Step 2: Be There – Listen with Empathy**

Listen, be present, be judgement free, and avoid minimizing language, pushiness, or harsh tones

### **Step 3: Make Connections Based on Responses**

Based on the answers to Step 1 provide the following:

**If YES** to only question 1 and/or 2: Provide the Veterans Crisis Line to the Person to call for support: **Veterans Crisis Line Dial 988 then press 1 or text 838255 24/7 or go online to [www.veteranscrisisline.net](http://www.veteranscrisisline.net)**

**If YES** to question 3, 4, and/or 5: Call the veterans Crisis Line and have the individual speak to a professional **OR** call 911 if you feel immediate Mental Health Services are needed

**Never transport someone yourself having mental crisis issues**

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