

# Appendix C: Sample Attendance/Help Card

## Side 1:

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| <b>C<br/>A<br/>R<br/>E</b> | Suicide Awareness<br>Community Education Program<br>Certificate of Attendance for<br>_____ |
|                            | Date: _____  |
|                            | Instructor: _____  |
|                            | _____<br><i>(Base) E.g., Columbus AFB, Mississippi</i>                                     |

## Side 2:

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| <p style="text-align: center;"><b>SUICIDE HELPCARD</b></p> <p><b><u>If someone you know:</u></b></p> <ul style="list-style-type: none"><li>• Threatens suicide</li><li>• Talks about wanting to die</li><li>• Shows changes in behavior, appearance, mood</li><li>• Misuses drugs/alcohol</li><li>• Deliberately injures themselves</li><li>• Appears depressed, sad, anxious or agitated</li></ul> <p><b><u>You can help:</u></b></p> <ul style="list-style-type: none"><li>• <b>ASK</b> if they are suicidal</li><li>• Stay calm and <b>LISTEN</b></li><li>• Take threats seriously</li><li>• Don't promise secrecy – <b>TELL</b></li></ul> <p><b><u>Get help by calling:</u></b></p> <p>Chaplain .....</p> <p>Counseling services .....</p> <p>Helpline.....</p> <p>Family support.....</p> <p>Family advocacy.....</p> <p>Security forces.....</p> <p>Your supervisor .....</p> <p style="text-align: center;"><b>For emergencies, call</b></p> <p style="text-align: center;">_____</p> <p style="text-align: center;"><b>or go directly to the hospital ER</b></p> |
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