If you know of anyone who may hurt themselves or needs help, do not leave them alone. Contact someone.

If you have questions or need assistance:

We have several options for professional care and advice. The current designated provider for Sioux Falls Fire Rescue (sworn and civilian) and Local 814 is

**Call 800-273-8255 Sioux Falls Suicide Prevention**

You can also call **Chief Sideras** at **605-201-0798** 24 hours/day.

See the ACE format when dealing with members who are struggling.

We also have an external provider for employee assistance services. CONTACT **EAP 1-800-527-9394** who has a personal, 24-hour crisis intervention line that is answered by trained and licensed counselors.

*Caring for the entire SIOUX FALLS FIRE RESCUE Family*
If someone says they are thinking of suicide or hurting themselves think of “A. C. E.”—

Ask  Care  Escort

**Ask** them

- Have the courage to ask the questions, but stay calm.
- Ask the question directly, “Are you thinking of hurting yourself?”
- Look for any outward sign that shows a deviation from their usual self.
- When the warning signs are present, it is imperative to ask then directly: “Are you thinking about killing yourself?”
- Talk openly about suicide. Be willing to listen and allow them to express their feelings.

**Care** for them

- Remove any means that could be used for self-injury such as weapons, knives, or pills.
- Calmly control the situation; do not use force.
- Actively listen to produce relief.
- Important to understand with what, where, and when they plan to kill themselves. The fact that they acknowledge their plans generally suggests that they are accepting help.

**Escort** them

- Never leave them alone.
- Escort to the chain of command, a behavioral health professional, or suicide prevention.
- **Call 800-273-8255 Sioux Falls Suicide Prevention.**
- Don’t keep their suicidal behavior a secret. Adopting an attitude that you are going to help them will save their life.
- Stay with them until they receive appropriate help. Don’t leave them alone.
- Being there will make the difference.