



The “E” in ACE

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that’s OK – but try to limit to one card for reference)

The “E” in ACE- Soldiers are required to stay with their Battle Buddy until he/she receives help. **NEVER LEAVE THEM ALONE.**

➤ Ask Soldiers why they think it is important to stay with their Battle Buddy

✓ Important Soldiers understand:

- Why being there makes a difference
- How to be available and supportive
- How to reassure you will be by their side no matter what

Ask Soldiers, “How are you going to support them?” (Leader is to review available resources with Soldiers)

LOCATE HELP – KNOW WHERE TO GET PROFESSIONAL HELP FROM RESOURCES AT THE NTC AND FORT IRWIN---

Have Soldiers recall “Active Listening” from the “C” in ACE and expand what this means to them during the Escort phase of ACE in the following steps:

1. Look your Battle Buddy in the eyes and put a hold on other things you’re doing
2. Listen – not only to their words but pay attention to the feelings expressed

3. Be sincerely interested in what they are talking about
4. Talk to them alone – in a private setting
5. Allow them to talk freely
6. Restate what they say to you
7. Ask clarifying questions
8. Be aware of your own feelings and strong opinions
9. Give them and yourself plenty of time to talk
10. Stay calm and objective
11. Don’t criticize or argue with their thoughts and feelings – listen to them
12. Have your resources handy and know how to locate help

Don’t keep your Battle Buddy’s suicidal behavior a secret.

Adopting an attitude that you are going to help your Battle Buddy will help save his/her life.

**STAY WITH YOUR BATTLE BUDDY UNTIL HE/SHE RECEIVES APPROPRIATE HELP...
NEVER LEAVE THEM ALONE!**