



How to Assess and Provide Help for Suicide Risk

Know the 12 suicide warning signs

- Feeling like a burden
- Being isolated
- Increased anxiety
- Feeling trapped or in unbearable pain
- Increased substance use
- Looking for a way to access lethal means
- Increased anger or rage
- Extreme mood swings
- Expressing hopelessness
- Sleeping too little or too much
- Talking or posting about wanting to die
- Making plans for suicide

Five steps to help someone at risk

- Ask.
- Keep them safe.
- Be there.
- Help them connect.
- Follow up.

Source: <https://www.cdc.gov/vitalsigns/suicide>



Columbia-Suicide Severity Rating Scale

		Past Month
1.	Have you wished you were dead or wished you could go to sleep and not wake up?	
2.	Have you actually had any thoughts about killing yourself?	
If YES to 2, answer questions 3, 4, 5 and 6 If NO to 2, go directly to question 6		
3.	Have you thought about how you might do this?	
4.	Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?	High Risk
5.	Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?	High Risk
Always Ask Question 6		Past 3 months
6.	Have you done anything, started to do anything, or prepared to do anything to end your life? <i>Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.</i>	High Risk

Any **YES** must be taken seriously. Seek help from friends, family, if the answer to 4, 5 or 6 is **YES**, immediately **ESCORT** to **Emergency Personnel** for care or call **1-800-273-8255** or text **“NAMI”** to **741741** or call **911**.



**DON'T LEAVE THE PERSON ALONE.
 STAY ENGAGED UNTIL YOU MAKE A
 WARM HAND OFF TO SOMEONE
 WHO CAN HELP.**