

- **Act.**

- If you think the person might harm him- or herself or attempt suicide, do not leave the person alone.
- Say, "Let's get you some help."
- In CT, call 2-1-1 for mobile crisis services, or 1-800-273-8255(TALK) for the National Suicide Prevention Lifeline.
- Use the Substance Abuse and Mental Health Services Administration Locator or Substance Abuse Treatment Facility Locator at www.findtreatment.samhsa.gov ; or
- Visit the American Foundation for Suicide Prevention: <https://afsp.org/get-help>

CONNECTICUT



Assessing Suicide Risk: Initial Tips for Clinicians

1 **WORD**
VOICE
LIFE

Be the 1 to start the conversation

WWW.PREVENTSUICIDECT.ORG



In Crisis call 1(800)273-TALK (8255) or
211 in CT or Crisis Text Line:
Text CT to 741741;
In an Emergency Call or Text 911

WWW.PREVENTSUICIDECT.ORG

What To Do If You Think a Person Is Having Suicidal Thoughts

You cannot predict death by suicide, but you can identify people who are at increased risk for suicidal behavior, take precautions, and refer them for effective treatment.

- **Ask** the person directly if he or she (1) is having suicidal thoughts/ideas, (2) has a plan to do so, and (3) has access to lethal means:

- "Are you thinking about killing yourself?"
- "Have you ever tried to kill yourself before?"
- "Do you think you might try to kill yourself today?"
- "Have you thought of ways that you might kill yourself?"
- "Do you have pills/weapons in the house?"

▶ This won't increase the person's suicidal thoughts. It will give you information that indicates how strongly the person has thought about killing him- or herself.

- ▶ Take seriously all suicide threats and all suicide attempts. A past history of suicide attempts is one of the strongest risk factors for death by suicide.
- ▶ There is no evidence that "no- suicide contracts" prevent suicide. In fact, they may give counselors a false sense of reassurance.
- **Listen and look** for red flags for suicidal behavior, indicated by the mnemonic:

IS PATH WARM?

Ideation- Threatened or communicated
Substance abuse- Excessive or increased

Purposeless- No reasons for living
Anxiety- Agitation/Insomnia
Trapped- Feeling there is no way out
Hopelessness

Withdrawing- From friends, family, society
Anger (uncontrolled)- Rage, seeking revenge
Recklessness- Risky acts, unthinking
Mood changes (dramatic)