Suicide Risk Factors
1) Threatens to harm self 2) Prior suicide attempt(s)
3) Disturbance in sleep/appetite/weight 4) Thinking is constricted, all or nothing, black or white 5) Increased risk-taking behavior
6) Has plan and means for suicide 7) Emotionless/numb
8) Angry/agitated 9) Sad/depressed 10) Hopeless, not future-oriented, giving away valued possessions 11) Problems at work/home
12) Recent loss (status, loved one) 13) Under investigation
14) Socially isolated/withdrawn 15) Increased consumption of alcohol/drugs.

Emergency Telephone Numbers
Psychologists/Peer Support/Chaplains
In the event of an emergency:
During business hours, call Employee Support Services Bureau at (213) 738-3500.
After business hours, the on-call psychologist can be reached at (213) 206-5528 or paged through Sheriff’s Headquarter’s Bureau at (323) 526-5541.

AID LIFE
A: Ask. Do not be afraid to ask, “Are you thinking about hurting yourself?” or “Are you thinking about suicide?”
I: Intervene immediately. Take action. Listen and let the person know he or she is not alone.
D: Don’t keep it a secret.
L: Locate help. Seek out a professional at ESSB, peer support person, chaplain, friend, family member or supervisor.
I: Involve Command. Supervisors can secure immediate and long term assistance.
F: Find someone to stay with the person now. Don’t leave the person alone.
E: Expedite. Get help now. An at-risk person needs immediate attention from professionals.

Things To Do
Consider the following if you’re with a suicidal individual (and not necessarily in this order):
1) Ask permission to secure weapon(s), including backup(s)
2) Immediately contact ESSB
3) Identify someone who can provide on-scene support
4) Do Not leave person alone
5) Assess if your safety is in jeopardy
6) Assist individual with meeting responsibilities until situation is stabilized
WHEN THE CRISIS HAS STABILIZED, GET DEBRIEFED FOR YOUR OWN PEACE OF MIND!!!!!!