### 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14) Socially isolated/withdrawn  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,

After business hours call,

### 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!!!!!!