

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14) Socially isolated/withdrawn 15) Increased consumption of alcohol/drugs.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!!!!!!!