**You Can Help**

- Take all threats and gestures seriously.
- Assess if your safety is in jeopardy.
- Ask permission to secure weapon(s), including backup(s).
- Immediately request assistance from .
- DO NOT leave the person alone.
- Help delegate necessary duties such as child care or other daily responsibilities, until the crisis has resolved.
- When the crisis is over, get debriefed for your own peace of mind.

**AID LIFE**

This acronym may help you remember what to do when assisting a person who is suicidal:

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 , Peer Support Person, Chaplain, friend or family member.

I **Involves Command.** If the person is imminently suicidal, be prepared to involve a supervisor to save his or her life.

F **Find someone to stay with the person now.**

D **Don’t leave the person alone.**

E **Expedite.** Get help now. An at-risk person needs immediate attention from professionals.

**SUICIDE PREVENTION**

**A Guide For Supervisory Staff**
Why Should I Learn About Suicide?

- It is one of the top ten causes of death.
- More peace officers die because of suicide than are killed in the line of duty.
- One half million people are admitted to emergency rooms each year due to suicide attempts.
- All deputies have firearms, and firearms are the most frequently used means of suicide.
- Law enforcement suicide significantly impacts partners, colleagues, supervisors, first responders, family, friends and the community at large.
- 80% of people who attempt suicide tell somebody first via their actions or actual statements.

Why Do People Attempt Suicide?

- Frequently, it is to let other people know that they are in psychological pain.
- Depression, anxiety, alcohol, drugs, a relationship loss, and being under investigation increase the likelihood that a person will attempt suicide.

Suicide Risk Factors

1. Threat to harm oneself
2. Prior suicide attempt(s)
3. Disturbance in sleep/appetite/weight
4. Thinking is constricted, all or nothing, black or white
5. Risk-taking behavior has increased
6. There is a plan and means to carry it out
7. Is emotionless/numb
8. Is angry/agitated
9. Is sad/depressed
10. Is hopeless, with no orientation toward the future or is 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

Supervisor Responsibilities

- To request suicide prevention training call...
- Make sure that information about suicide prevention is available to line staff.
- Be aware of resources within the Department, such as Chaplains, PSP, counseling and consultations through...
- Ensure that your subordinates feel that they will be given assistance and support when they bring a problem forward.

What You Can Tell Your Line Staff

- When you suspect someone is having suicidal thoughts, reach out to them as soon as possible.
- Asking the person if they are thinking about suicide will NOT make them go out and do it.
- It is courageous and appropriate to take steps necessary to help a co-worker who is at risk for suicide.