

Suicide Risk Questionnaire

Are you worried about a friend or loved one? ACT now to stop a suicide.

What to look for Check all that apply:

PART I: Suicide Risk QUESTIONNAIRE

Has your friend or loved one said:

- Life isn't worth living
- Nobody understands me—nobody feels the way I do
- My family would be better off without me
- There's nothing I can do to make it better
- I won't be in your way much longer
- I just can't deal with everything—life's too hard
- Next time I'll take enough pills to do the job right
- I'd be better off dead
- Take my (prized collection, valuables)—I don't need this stuff anymore
- I feel like there is no way out
- I won't be around to deal with that
- You'll be sorry when I'm gone

Have you observed your friend or loved one:

- Getting affairs in order (paying off debts, changing a will) or making plans for a future absence
- Talking about death, dying, or suicide more than is usual
- Planning a suicide (i.e., obtaining a firearm or writing a suicide note)

PART II: Depression Risk QUESTIONNAIRE

Have you noticed the following signs of depression in your friend or loved one:

- Sad mood
- Feelings of worthlessness, or guilt
- Change in sleeping patterns (too much/too little, disturbances)
- Change in weight or appetite
- Speaking and/or moving with unusual speed or slowness
- Loss of interest or pleasure in usual activities
- Withdrawal from family and friends
- Fatigue or decreased energy
- Diminished ability to think or concentrate, slowed thinking or indecisiveness

Have you also noticed:

- Extreme anxiety, agitation, irritability or risky behavior
- Racing thoughts, excessive energy, reduced need for sleep
- Excessive drug and/or alcohol use or abuse
- Neglect of physical health

Questionnaire Interpretation If you checked boxes under:

PART I ONLY

Your friend or loved one may be at risk for suicide and should seek professional help *immediately* from a mental health professional, hospital, or emergency services.

PART II ONLY

Your friend or loved one may be suffering from depression and should seek further help from a mental health professional or his or her primary care physician.

PARTS I AND II

Your friend or loved one may be at higher risk for suicide. Strongly encourage him or her to seek professional help *immediately* from a mental health professional, hospital, or emergency services.

Suicide Risk Questionnaire

What to do if someone you care about may be considering suicide

ACT®: Acknowledge, Care, and Treatment

1. ACKNOWLEDGE

Do take it seriously. If you recognize warning signs in your friend or loved one, it is very important to take him or her seriously. In fact, 70 percent of people who die by suicide gave some indication of their intention to those close to them.

Do listen attentively. Even if professional help is needed, your friend or loved one will be more willing to seek help if you have listened carefully to him or her.

2. CARE

Do voice your concern. Take the initiative to ask what is troubling your friend or loved one, and attempt to overcome any reluctance on his or her part to talk about it.

Do let the person know you care and understand.

Do remain calm. Although it might upset you to hear thoughts about suicide, assure your friend or loved one that you will be there for him or her.

Do ask if the person has a specific plan. Ask if the person has a specific suicide plan and how far he or she has gone in carrying it out.

(Note: Asking about suicide does not cause a person to think about or complete suicide)

3. TREATMENT

Do get professional help immediately. If your friend or loved one is exhibiting any suicidal warning signs, assist them by contacting a mental health professional, or the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). You can also call 911 or assist them with getting to the nearest emergency room.

If for any reason you are unsure, uncomfortable, or unable to take action, please contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

If the person seems unwilling to accept treatment, call the police, your local hospital emergency department, or 911 if you feel that he or she is in immediate danger.

What not to do...

- Don't try to cheer the person up, or tell them to snap out of it.
- Don't challenge or dare them.
- Don't assume the situation will take care of itself.
- Don't argue or debate moral issues.
- Don't act shocked or surprised at what the person says.
- Don't be sworn to secrecy.
- Don't risk your personal safety. If the person acts in a threatening way, leave, and call the police.

Did you know that...

- More people die by suicide than from motor vehicle accidents or homicides.
- Most suicidal people are undecided about living or dying. A part of them wants to live; however, death seems like the only way out of their pain and suffering.
- More than 90 percent of people who die by suicide have a treatable mental health disorder (particularly depression and substance abuse).
- Although most depressed people are not suicidal, most suicidal people are depressed.
- Even the most severe cases of depression can be effectively treated.
- Those who have made prior suicide attempts are at much higher risk for taking their lives.

Take an Anonymous Self-Assessment. Available 24/7.

www.HelpYourselfHelpOthers.org

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