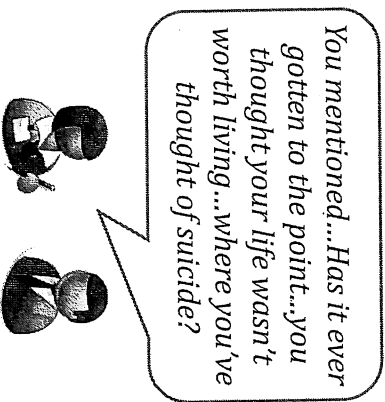
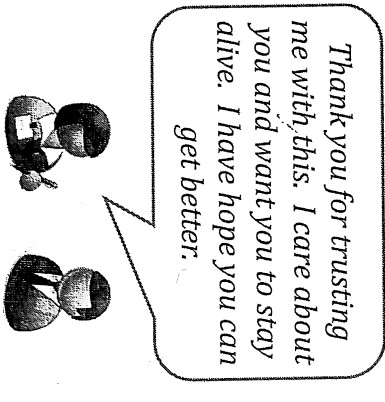
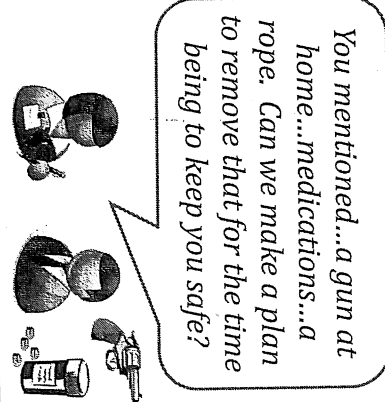
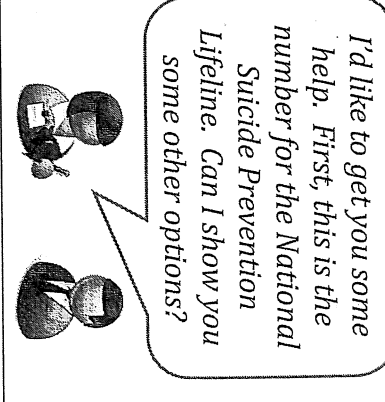


## Screening and Referral for Suicide Risk

<b>Know the Warning Signs of Suicide</b>		<b>Resources for Crisis Support and Follow-up.</b>	
<ul style="list-style-type: none"> <li>• Suicidal ideation</li> <li>• Sleep disturbance</li> <li>• Purposelessness</li> <li>• Anxiety or agitation</li> <li>• Feeling trapped</li> </ul>	<ul style="list-style-type: none"> <li>• Hopelessness</li> <li>• Withdrawal</li> <li>• Anger</li> <li>• Recklessness/impulsivity</li> <li>• Mood changes</li> </ul>	<p style="text-align: center;"><b>National Suicide Prevention Lifeline</b>                      1-800-273-TALK                      1-800-273-8255</p>	<p style="text-align: center;"><b>SAMHSA Behavioral Health Treatment Services Locator</b>  <a href="http://findtreatment.samhsa.gov">findtreatment.samhsa.gov</a></p>
<p style="text-align: center;"><b>Ask the question</b></p> <p style="text-align: center;"><i>You mentioned...Has it ever gotten to the point...you thought your life wasn't worth living...where you've thought of suicide?</i></p> 	<p style="text-align: center;"><b>Show you care</b></p> <p style="text-align: center;"><i>Thank you for trusting me with this. I care about you and want you to stay alive. I have hope you can get better.</i></p> 	<p style="text-align: center;"><b>Manage the means</b></p> <p style="text-align: center;"><i>You mentioned...a gun at home...medications...a rope. Can we make a plan to remove that for the time being to keep you safe?</i></p> 	<p style="text-align: center;"><b>Get help</b></p> <p style="text-align: center;"><i>I'd like to get you some help. First, this is the number for the National Suicide Prevention Lifeline. Can I show you some other options?</i></p> 
<p><b>Use risk factors and warning signs to create context and ask directly about suicide.</b></p> <p>Find a private place to talk and listen non-judgmentally.</p> <p>Ask about suicidal thoughts.</p> <p>If present, assess for:</p> <ul style="list-style-type: none"> <li>• Method, intent, plan, behaviors, buffers.</li> <li>• Access to means (i.e. if a gun, medications, a rope are available).</li> </ul>	<p><b>Convey belonging, value and hope.</b></p> <ul style="list-style-type: none"> <li>• Belonging: <i>Thank you for trusting me with this. I care about what happens to you.</i></li> <li>• Value: <i>You're important to me, and I want you to stay alive.</i></li> <li>• Hope: <i>I have hope that you can get better.</i></li> </ul>	<p><b>Counsel on access to lethal means and take steps to limit access if needed.</b></p> <ul style="list-style-type: none"> <li>• Coordinate with family, friends or law enforcement to remove lethal means.</li> <li>• Reduce supply of prescription medications.</li> <li>• Educate on disposal of prescription medications.</li> </ul>	<p><b>Connect with resources for follow-up.</b> The National Suicide Prevention Lifeline is available for 24hr support for individuals in crisis and clinicians wanting to consult. The Substance Abuse and Mental Health Services Administration (SAMHSA) has a behavioral health treatment services locator that can be used to develop a list of local resources.</p>