

LISTEN TO THEIR STORY

What Is Their Why?

- Reasons for dying
 - Psychological Pain
 - Stress
 - Hopelessness
 - Self-Hate
 - Rate the extent they wish to die 0-5
- Reasons for living
 - Protective factors
 - Connections to life
 - Hopefulness
 - Resiliency
 - Ambivalence
 - Rate the extent they wish to live 0-5



**SUICIDE
LIFEGUARD**

LISTEN FOR THE PLAN

- Ideation: when, where, how
- Triggers for thoughts or behavior
- Frequency of thoughts
- Duration of thoughts – fleeting versus ruminating
- Preparation – obtaining or access to means
- Rehearsal
- History of suicidal behaviors – single or multiple attempts

LISTEN FOR INCREASED RISK FACTORS

- Impulsivity
- Substance use/abuse
- Significant loss
- Relationship problems
- Burden on others
- Health or chronic pain concerns
- Sleep problems
- Legal/financial issues
- Shame

HELPFUL QUESTIONS

- When did you first notice you were having these thoughts? (duration)
- What led up to the thoughts? (triggers)
- How often have those thoughts occurred? (frequency)
- How close have you come to acting on those thoughts? (preparation)
- How likely do you think it is that you will act on them in the future?
- Have you ever started to harm (or kill) yourself but stopped before doing something? (rehearsal)
- What do you envision happening if you actually killed yourself?

HELPFUL QUESTIONS

- What do you envision happening if you actually killed yourself?
- Have you made a specific plan to kill yourself? Is so, what does the plan include?
- Do you have guns or other weapons available to you? (access to means)
- How does the future look to you? (reasons for living/dying)
- What things would lead you to feel more (or less) hopeful about the future? (magic question)
- What things would make it more (or less) likely that you would try to kill yourself? (triggers)
- What things in your life would lead you to want to escape from life or to be dead? (pain)
- What things in your life make you want to go on living? (connections to life)
- If you began to have thoughts of harming or killing yourself again, what would you do? (resources/supports)

HELPFUL QUESTIONS

When there's been a past attempt:

- Can you describe what happened?
- What thoughts were you having beforehand that led up to the attempt?
- What did you think would happen?
- Did you seek help afterward yourself, or did someone get help for you?
- Had you planned to be discovered, or were you found accidentally?
- How did you feel afterward?
- Did you receive treatment afterward?
- Has your view of things changed, or is anything different for you since the attempt?
- Are there other times in the past when you've tried to harm (or kill) yourself?

HELPFUL QUESTIONS

Individuals with repeated suicidal thoughts or attempts

- About how often have you tried to harm (or kill) yourself?
- When was the most recent time?
- Can you describe your thoughts at the time you were thinking mostly about suicide?
- When was your most serious attempt at harming or killing yourself?
- What led up to it, and what happened afterward?