

## SUICIDE INTERVENTION PLAN

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- Verbal threats
- A sudden change in behavior (e.g., withdrawal, risk taking)
- Giving valued possessions away
- Problems in school
- Self-mutilation (e.g., cuts on hands, legs, forearms)
- Signs of depression (e.g., eating and sleeping problems, excessive sense of guilt or hopelessness)
- Unusual purchases (e.g., weapons, guns)
- The possession of a gun in the household
- A previous suicide attempt
- Using themes of death in speech and drawings
- Sudden unexpected happiness

NO

**If signs are present.**  
DIRECTLY ASK: "Have you been thinking about hurting or killing yourself?"

YES

LEVEL OF

Ask more to determine the problem and assist in finding a solution. Help make a plan.

**LOW:** Thoughts of suicide occur 1-3 times weekly; no plan to suicide within next 24 hours; support resources are available and there is a high willingness to use them; no previous history of psychiatric treatment or drug usage; is having few problems engaging in normal daily activities.  
**MODERATE:** Thoughts of suicide occur daily; no plan to suicide within next 24 hours support resources available and willingness to use them; needs structure and help with coping; trouble with daily activities.  
**HIGH:** Continuous thoughts of suicide persist; plans to suicide in next 24 hours and has a definite plan on how to do it; isolation from others is high; few resources available; no support system; previous history of suicide attempts, psychiatric treatment, or drug usage.

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Low

Moderate

High

- Have the individual...
1. Sign an anti-suicide contract
  2. Make a plan to address problems
  3. Use positive self talk
  4. Contact of significant others - important
  5. Need for someone to stay with individual - good idea
  6. Follow-up, refer if necessary

- Have the individual..
1. Sign an anti-suicide contract
  2. Refer to out-patient counseling services
  3. Contact of significant others - very important
  4. Need for someone to stay with individual frequently necessary
  5. Follow-up

- Use Crisis Intervention:**
1. Call 911 or your local suicide prevention hotline (651-347-2222) or First Call for Help (651-291-0211) and ask for assistance
  2. Call 1-800-448-4663 (National Youth Crisis Hotline) and ask for assistance
  3. Take the individual to local crisis intervention center (e.g., Hennepin Co, Medical Center Crisis Int. 612-347-3161; Regents hospital Crisis Int. 651-221-8922)
  4. Contact of significant other is essential.