

Suicide Prevention Cheat Sheet

Risk Factors- IS PATH WARM?

Ideation (Thoughts)
Substance Abuse
Purposelessness
Anxiety
Trapped
Hopelessness
Withdrawal
Anger
Recklessness
Mood Changes

Increased Suicide Risk

Prior suicide attempts
Mental health disorders
History of trauma or abuse
Family history of suicide
Lack of social support
Exceptionality
Major physical illnesses
Loss/Failure
Bullying
Easy access to lethal means
Local clusters of suicide

Warning Signs

Acquiring a gun or stockpiling pills
Sudden change in mood
Talking about wanting to die or kill oneself
Impulsivity/increased risk taking
Giving away prized possessions
Self-destructive acts (i.e., cutting)
Increased drug or alcohol abuse
Talking about no reason to live

What to Do

Take It Seriously

80% of suicide victims told someone or gave some sign.

Ask Directly

- "Are you thinking about harming yourself?"
- "Do you have a plan?"
- "Do you have access to _____?"
- "Have you thought about when?"

Listen

- Don't show shock or disapproval.
- DO show that you are concerned.
- Avoid trying to explain away feelings ("You'll get through this. You have so many people who love you. Etc.")
- **Don't promise not to tell.**

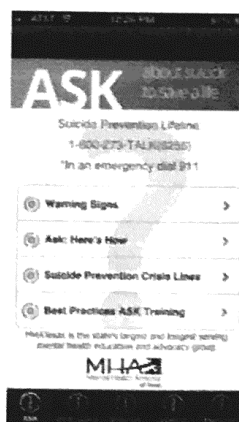
At School

- **Bring** student immediately to counselor
- For situations requiring CPS report— You are also responsible for this step.

Outside of School

- Use one of the hotlines listed below.
- For life-threatening situations, call 911.
- **STAY WITH PERSON UNTIL HELP COMES**

****Keep the ASK app on your phone!****



www.thetrevorproject.org

LGBTQ – The Trevor Lifeline
866-488-7386

