

SUICIDE INTERVENTION GUIDELINES

LISTEN – LISTEN - LISTEN

Put your own “stuff” aside and listen with your ears and your heart

ASK

When you sense that a youth is depressed and possibly suicidal
ASK DIRECTLYARE YOU THINKING OF KILLING YOURSELF?

Determine possible risk factors/warning signs

- What is the current crisis?
- Is he/she feeling depressed/hopeless?
- Any history of depression or previous suicide attempts?
- Is he/she feeling isolated?
- Is there any support?
- Has he/she ever known anyone who died by suicide?

Determine current situation

- Is he/she currently using drugs and/or alcohol?
- Does the person have a suicide plan?
- How specific (When? Where? How?)
- Does he/she have a method available?
- Has the person already hurt self in any way? (e.g. cutting)

TAKE ACTION

Contact Designated Staff – Get Others Involved

POTENTIAL RISK

- Some Risk Factors and Warning Signs
- No plan to kill self at this time



- Contact support people and/or guardian
- Refer to physician or mental health resources
- Talk about by asking: What they can do to keep themselves safe for right now? What do you need?



MODERATE RISK

- Many Risk Factors and Warning Signs
- Suicidal thoughts, but no immediate plans or means



- Do not leave person alone
- Contact support people and/or guardian
- Arrange for physician/mental health evaluation
- Talk about by asking: What they can do to keep themselves safe for right now? What do you need?



IMMEDIATE RISK

- Risk Factors and Warning Signs are high
- Plans to kill self in the near future and has the means



Arrange for an **immediate** mental health evaluation

DO NOT LEAVE PERSON ALONE



REFERRAL INFORMATION

Physician or therapist

Center for Mental Health 24-Hour Crisis Line: (970) 252-6220

NATIONAL SUICIDE HOTLINE: 1-800-273-TALK (8255)

EMERGENCY ROOMS

Montrose Memorial Hospital
800 S. 3rd St., Montrose, CO 81401
(970) 249-2211

Delta County Memorial Hospital
1501 E. 3rd St., Delta, CO 81416
(970) 874-7681

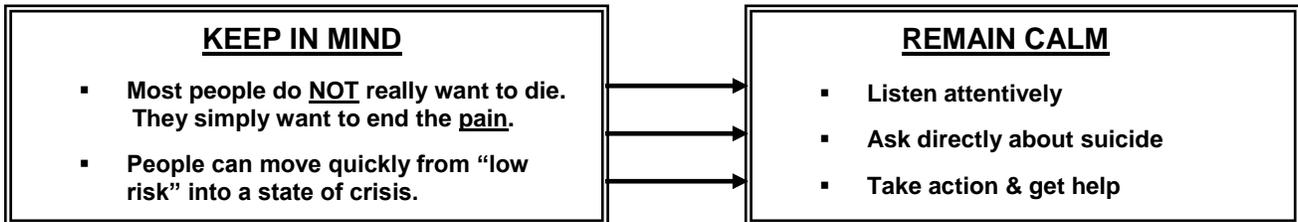
Gunnison Valley Hospital
711 N. Taylor St., Gunnison, CO 81230
(970) 641-1456

NATIONAL SUICIDE HOTLINE
1-800-273-TALK (8255)

The Center’s 24-hour Crisis Line:
(970) 252-6220

Look for These Risk Factors/Warning Signs

- Feeling depressed/hopeless
- Feeling helpless
- History of depression
- Previous suicide attempt
- Feelings of isolation and/or withdrawal
- Lack of support
- Sadness/crying
- Change in appetite, sleeping
- Low energy
- Difficulty concentrating
- Loss of interest in activities
- Slipping grades or work
- Feeling angry or irritable
- Alcohol or drug use
- Feeling guilty for no reason
- Talking about suicide, death
- Giving away possessions
- Careless, high risk behavior
- Making a suicide plan
- Unexplained mood improvement



Emergency Numbers

EMERGENCY Dial 911	NATIONAL SUICIDE HOTLINE 1 (800) 273-TALK (8255)
THE CENTER FOR MENTAL HEALTH 24-HOUR CRISIS LINE (970) 252-6220	

FREQUENTLY ASKED QUESTIONS

Who are Support People?

Any trusted adult (*family member, mental health professional, physician, member of one's faith community, neighbor, teacher, counselor, coach...*) who is willing and able to see to it that an individual gets the assistance he/she needs to move safely out of crisis and who will provide follow-up support.

What is a Safety Plan?

Agreed-upon steps designed to reduce the risk of someone acting on suicidal impulses that should include:

- Removing all "means" person has available to hurt him/herself (guns, pills, etc.)
- Involving *Support People*.
- Making a list of indications that youth may be moving into crisis (warning signs intensifying).
- Developing a list of trusted people to contact (in order of priority) when suicidal thoughts occur.
- Reassuring the person that suicidal thoughts come from a sense of hopelessness that will NOT last forever.

What if a weapon is present?

NEVER put yourself in danger and NEVER attempt to disarm anyone holding a weapon. **Dial 911 immediately.** **REMAIN CALM!** If safe and possible, continue to speak reassuringly.

When in doubt, always err on the side of caution. If you believe that someone is severely depressed and needs intervention, dial 911 or phone the nearest hospital ER.

REPORT ANY ABUSE OR NEGLECT TO CHILD PROTECTIVE SERVICES
Delta (970) 874-2030
Montrose (970) 252-5000 or (970) 252-4010 (after hours or weekends)
Gunnison (970) 641-0209