APPENDIX E: DECISION TREE FOR ACTION

Ideation Substance abuse

Purposelessness **A**nxiety **T**rapped **H**opeless

Withdrawal Anger Recklessness **Mood** changes

If you see any of these WARNING SIGNS present **BE A GATEKEEPER**

ASK THE QUESTION:

- Are you thinking of suicide?
- Do you want to die?
- Are you thinking of hurting yourself?

BE READY TO LISTEN

IF NOT CURRENTLY SUICIDAL:

Perhaps the individual is feeling down and depressed and has considered suicide in the past:

- Listen to their story.
- Ask them if they would agree to speak to a professional.

Connect the person in crisis to a mental health professional

IF CURRENTLY SUICIDAL:

- Do not leave the person alone
- Activate your crisis team
- Ask if the person has a plan or access to carry out their plan (this won't "plant a seed," but it will give you an idea of the seriousness of the threat.
 - Call The National Suicide **Prevention Lifeline** 1-800-273-TALK (8255)

IF THE PERSON IN CRISIS HAS **MEANS AND ACCESS, CALL 911**