

First Responder Suicide Risk Screening Tool

- A:** Ask if the individual is thinking about suicide
- I:** Intervene immediately. Listen and let the person know they are not alone.
- D:** Don't keep their suicidal thoughts a secret. Seek assistance
- L:** Locate help. This can include a supervisor, chaplain, or member of their support network.
- I:** Inform the Chain of Command. This helps get important resources like counseling in place.
- F:** Find someone to stay with the individual.
- E:** Expedite. Get help now, rather than delaying it.

Columbia Suicide Severity Rating Scale (C-SSRS)		Past Month
1) Have you wished you were dead or wished you could go to sleep and not wake up?		
2) Have you actually had any thoughts about killing yourself?		
If YES to 2, answer questions 3,4,5 and 6 If NO to 2, go directly to question 6		
3) Have you thought about how you might do this?		
4) Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not carry out this plan?		High Risk
5) Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?		High Risk
Always Ask Question 6		
6) Have you done anything, started to do anything, or prepared to do anything to end your life? Examples: Collected pills, obtained a gun but changed your mind, cut yourself, tried to hang yourself, etc.		High Risk

Any **YES** indicates the need for further care (see reverse for resources).

However, if the answer to **4, 5 or 6** is **YES**, immediately

ESCORT to Emergency Personnel for care, **call**

1-800-273-8255, text 741-741.



Funded by counties through the Mental Health Services Act (Prop 63).



THE COLUMBIA
LIGHTHOUSE
PROJECT
IDENTIFY RISK, PREVENT SUICIDE.

Crisis Resources:

National Suicide Prevention Lifeline:

Call **1.800.273.8255**

Chat <https://suicidepreventionlifeline.org/chat/>

Crisis Text Line:

Text **"Blue"** (for law enforcement officers) to **741-741** to connect 24/7 with a trained crisis counselor

Anyone can text **"HELP"** to **741-741** to be connected to crisis services

Local Crisis Resources:

Crisis Support for First Responders:

SAFE Call Now.

Call 206.459.3020

www.safecallnowusa.org/

A 24-hour crisis referral service for all public safety employees.

National Suicide Prevention Lifeline:

Call 800.273.8255

Chat <https://suicidepreventionlifeline.org/chat/>

Copline:

Call 800.267.5463

www.copline.org

24/7 crisis line staffed by retired law enforcement officers.