**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)

<table>
<thead>
<tr>
<th>Question</th>
<th>Past Month</th>
<th>High Risk</th>
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</thead>
<tbody>
<tr>
<td>1) Have you wished you were dead or wished you could go to sleep and not wake up?</td>
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<tr>
<td>2) Have you actually had any thoughts about killing yourself?</td>
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<tr>
<td>If <strong>YES</strong> to 2, answer questions 3,4,5 and 6</td>
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<td>If <strong>NO</strong> to 2, go directly to question 6</td>
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<td>3) Have you thought about how you might do this?</td>
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<td>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?</td>
<td></td>
<td><strong>High Risk</strong></td>
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<tr>
<td>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?</td>
<td></td>
<td><strong>High Risk</strong></td>
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<tr>
<td><strong>Always Ask Question 6</strong></td>
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<td>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.</td>
<td></td>
<td><strong>High Risk</strong></td>
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</table>

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.**
Crisis Resources:

National Suicide Prevention Lifeline:
Call **1.800.273.8255**
Chat [https://suicidepreventionlifeline.org/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

Crisis Support for First Responders:

SAFE Call Now.
Call 206.459.3020
[www.safecallnowusa.org/](http://www.safecallnowusa.org/)
A 24-hour crisis referral service for all public safety employees.

Copline:
Call 800.267.5463
[www.copline.org](http://www.copline.org)
24/7 crisis line staffed by retired law enforcement officers.

National Suicide Prevention Lifeline:
Call 800.273.8255
Chat [https://suicidepreventionlifeline.org/chat/](https://suicidepreventionlifeline.org/chat/)