

PROFESSIONALS

Maintaining client/patient safety is paramount when counseling someone who may be suicidal. Treat all suicide expressions with great importance. Screen for suicidal thoughts or plans with anyone who appears seriously depressed, makes suicidal references or has a history of attempts. Develop a safety and risk management process with client that would include the client's commitment to treatment, willingness to follow advice and removal of means. Do not rely solely on "No Suicide Contracts". Assess lethality of client's medication regimen. Assess client's risk of harm to others. Provide accessibility 24 hours a day until psychiatric referral can be realized.

Screening Tool- "IS PATH WARM" from American Association of Suicidology

- IDEATION-threatened or communicated
- SUBSTANCE ABUSE-excessive or increased
- PRURPOSELESS-no reason for living
- ANXIETY-agitation or insomnia
- TRAPPED-feeling there's no way out
- HOPELESSNESS
- WITHDRAWAL-from friends, family, society
- ANGER-uncontrolled, rage, seeking revenge
- RECKLESSNESS-risky behaviors, actions, unthinking
- MOOD CHANGES-dramatic

Resources:

[Nassau SPEAKS Out Resources](#)

[Suicide Assessment Five-Step Evaluation and Triage SAFE-T](#)

[American Association of Suicidology](#)

[Suicide Prevention Resource Center](#)

[Suicide Prevention among LGBT Youth](#)

[Evidence-based Curricula, i.e., ASIST, The Connect, Creating Suicide Safer Schools, SuicideTALK](#)

[CDC Suicide and Violence Prevention](#)

[Program to Encourage Active Rewarding Lives for Seniors \(PEARLS\)](#)

[Suicide Prevention Training for Gatekeepers of Older Adults](#)

[Role of Managers in Preventing Suicide in the Workplace](#)

[Mental Health America: Workplace Information](#)

[National Partnership for Workplace Mental Health](#)

[Role of the Clergy in Preventing Suicide American Association of Pastoral Counselors](#)

[Health and Human Development Warning Signs in the Emergency Department](#)

[Strategies for Suicide Prevention in Veterans](#)

[Working Together To Serve Veterans](#)