

# T

## A



### 1. A

I \_\_\_\_\_ ?

Have you gotten to the point where you did not want to go on? Have you had thoughts of not wanting to be alive? What about right now?

#### Passive Ideation:

I would like to \_\_\_\_\_  
= **LOW RISK**, I K ( , , , I'd rather not wake up in the morning; I wouldn't mind if a car hit me when I was crossing the road)

#### Active Ideation:

I would like to \_\_\_\_\_ = **HIGHER RISK**, I K ( , , , I do think about killing myself; I feel like throwing myself into traffic)

**In en e, con in o idea ion = HIGHER RISK**

I \_\_\_\_\_ ?

Do you have a plan as to how you would end your life?

**De ailed, ca ef ll ho gh -o plan = HIGHER RISK**

22.1 **I K**



**Problem-Solving Capacit**

t t t t t t t f  
- t t t t

**Reasons for Living & Level of Hope**

W a a d a ? H<sub>+</sub> d  
a c a c d c a ? W a d d  
c a ?

**F** = HIGHER RISK

**6. Communicate ith families/  
signi cant other(s)**

t t t f t f , tt  
t , f / t t ( ) . t t f  
f t t' , t  
t t' t t t t  
t t t t .  
I f t f / t t f t t  
tt t .

**Note:** I  
f t t f / t t ( ) , t t  
t t f t t t f f f t .  
t t t t f t f  
f / t t ( ) .

t t f f t t , t  
f f t f t . I  
t , f ,  
, t t t , t f t t,  
t t t t , f  
( t t t  
t t ) .

I f / t t ( )  
f t t t ( f / f  
t t t t t' t ) .

f f f ( . , f , ) .  
t t - t t  
t f t . f f t

**7. When to make a specialist referral**

f t t t t t t t /  
t .  
- t t tt t t  
- t f f t t  
t tt t t t

**SAD PERSONS**

t f t t t :  
**S** ( )  
**A** ( t )  
**D**  
**P** tt t  
**E**t  
**R** t t ( )  
**S** t  
**O**  
**N** / t  
**S** / t

t f t t : t f t ;  
f ; f t t f t ;  
t t ; t t f t t t ; / f  
t f , t .

**8. Communicate ith primar care  
provider(s)**

t f t f t t / t f  
tt t t' t t t t  
( ) . t t t t'  
( ) t t t f .

# Task Two: ADVISE

## 1. Provide meaning and support

### Explain a Model of Suicide

People who think about suicide often feel that their pain is unbearable, that their problems seem insurmountable, and that their future is hopeless. This model of suicide suggests that suicidal thoughts are often a result of feeling that one's situation is intolerable, interminable, and inescapable.

### Provide Coping Strategies

People who think about suicide often feel that their pain is unbearable, that their problems seem insurmountable, and that their future is hopeless. Coping strategies can help people manage these feelings. Some strategies include talking to a trusted person, seeking professional help, and using relaxation techniques.

### Reinforce the Value of Treatment

Treatment can help people who think about suicide feel better and live more fully. Many people who have been in treatment find that their thoughts about suicide decrease and their lives improve. It is important to continue with treatment and to seek help if needed.

### Address Ambivalence in Order to Instill Hope

Many people who think about suicide feel ambivalent about seeking help. They may feel that the benefits of treatment outweigh the risks. It is important to address these feelings and to help people see the value of treatment. Encouraging them to seek help can be a key step in reducing suicidal thoughts.

### Reinforce Positive Coping Used in the Past

What has helped in the past when you've had these thoughts?

## 2. Develop a safety plan

Develop a safety plan that includes identifying warning signs, recognizing triggers, and listing coping strategies. The plan should also include contact information for support services and a commitment to seek help if needed.

Develop a safety plan that includes identifying warning signs, recognizing triggers, and listing coping strategies. The plan should also include contact information for support services and a commitment to seek help if needed.

Develop a safety plan that includes identifying warning signs, recognizing triggers, and listing coping strategies. The plan should also include contact information for support services and a commitment to seek help if needed.

Develop a safety plan that includes identifying warning signs, recognizing triggers, and listing coping strategies. The plan should also include contact information for support services and a commitment to seek help if needed.

Develop a safety plan that includes identifying warning signs, recognizing triggers, and listing coping strategies. The plan should also include contact information for support services and a commitment to seek help if needed.

## 3. Provide information

Provide information about the signs and symptoms of suicidal thoughts and the importance of seeking help. Encourage people to reach out to their support network and to seek professional help if needed.

Provide information about the signs and symptoms of suicidal thoughts and the importance of seeking help. Encourage people to reach out to their support network and to seek professional help if needed.

Provide information about the signs and symptoms of suicidal thoughts and the importance of seeking help. Encourage people to reach out to their support network and to seek professional help if needed.

Provide information about the signs and symptoms of suicidal thoughts and the importance of seeking help. Encourage people to reach out to their support network and to seek professional help if needed.

## 4. Follow-up

Follow-up with the person who has suicidal thoughts to ensure they are following their safety plan and to provide ongoing support. Encourage them to continue with treatment and to seek help if needed.