

- A** – Ask. Do not be afraid to ask, “Are you thinking about hurting yourself?” or “Are you thinking about suicide?”
- I** – Intervene immediately. Take action. Listen and let the person know he or she is not alone.
- D** – Don’t keep it a secret.
- L** – Locate help. Seek out a professional, a peer support person, chaplain, friend, family member or supervisor.
- I** – Involve Command. Supervisors can secure immediate and long-term assistance.
- F** – Find someone to stay with the person now. Don’t leave the person alone.
- E** – Expedite. Get help now. An at-risk person needs immediate attention from professionals.

# AID LIFE

## EMERGENCY TELEPHONE NUMBERS:

*It takes courage to ask for help. Be courageous. Seek help.*

## Things to Do

Consider the following if you’re with a suicidal individual (and not necessarily in this order):

1. Ask permission to secure weapon(s), including backup(s).
2. Immediately contact your Employee Assistance Program (EAP) representative.
3. Identify someone who can provide on-scene support.
4. Do not leave person alone.
5. Assess if your safety is in jeopardy.
6. Assist individual with meeting responsibilities until the situation is stabilized.

***When the crisis has stabilized, get debriefed for your own peace of mind!***

1. Threatens to harm self.
2. Prior suicide attempt(s).
3. Disturbance in sleep/appetite/weight.
4. Thinking is constricted – all or nothing, black or white.
5. Increased risk-taking behavior.
6. Has plan and means for suicide.
7. Emotionless/numb.
8. Angry/agitated.
9. Sad/depressed.
10. Hopeless, not future-oriented; giving away valued possessions.
11. Problems at work/home.
12. Recent loss (status, loved one).
13. Under investigation.
14. Socially isolated/withdrawn.
15. Increased consumption of alcohol/drugs.

# suicide risk factors