

ASK FRIENDS & FAMILY

CARE FOR FRIENDS & FAMILY

EMBRACE FRIENDS & FAMILY

See Reverse Side for Questions that Can Save a Life

THE COLUMBIA LIGHTHOUSE PROJECT

IDENTIFY RISK. PREVENT SUICIDE.

Always ask questions 1 and 2.	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, ask questions 3, 4, 5 and 6. If **NO** to 2, skip to question 6.		
3) Have you been thinking about how you might do this?		
4) Have you had these thoughts and had some intention of acting on them?	**High Risk**	
5) Have you started to work out or worked out the details of how to kill yourself? Did you intend to carry out this plan?	**High Risk**	
Always Ask Question 6	**Life-time**	**Past 3 Months**
6) Have you done anything, started to do anything, or prepared to do anything to end your life? *Examples*: Took pills, tried to shoot yourself, cut yourself, tried to hang yourself, took out pills but didn't swallow any, held a gun but changed your mind or it was grabbed from your hand, went to the roof but didn't jump, collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, etc. **If yes, was this within the past 3 months?**		**High Risk**

If YES to 2 or 3, a mental health referral may be helpful or use QR codes for the app to find referrals. If the answer to 4, 5 or 6 is YES, get immediate evaluation: Call or text 988, reach out to a helping resource.

If you are helping someone else, it's helpful to assist them (stay with them or stay on the phone) until they can be connected to an evaluation.

Download Columbia Protocol app

iPhone Users **Android Users**

988
SUICIDE & CRISIS LIFELINE