



***ASK YOUR KIDS
CARE FOR YOUR KIDS
EMBRACE YOUR KIDS***



THE COLUMBIA
LIGHTHOUSE
PROJECT
IDENTIFY RISK. PREVENT SUICIDE.

**See Reverse for Questions
that Can Save a Life**



| | | |
|--|------------|---------------|
| 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? <i>Examples:</i> 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. If the answer to 4, 5 or 6 is YES, get **immediate evaluation: Call or text 988, reach out to a helping resource, or use QR codes for the app to find referrals.**

If you are helping someone else STAY WITH THEM until they can be evaluated.

Download Columbia Protocol app

iPhone Users Android Users

988

SUICIDE & CRISIS
LIFELINE