ASK YOUR COMMUNITY
ASK YOUR FELLOW OFFICER
CARE AND ESCORT THEM TO HELP

See Reverse for Questions that Can Save a Life
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, answer questions 3, 4, 5 and 6
   **If NO** to 2, go directly to question 6

3) Have you thought about how you might do this?

4) Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?

   **High Risk**

5) Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?

   **High Risk**

Always Ask Question 6

6) Have you done anything, started to do anything, or prepared to do anything to end your life?

   **Examples:** Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.

   **High Risk**

Any **YES** indicates that someone should seek a behavioral health referral. However, if the answer to 4, 5 or 6 is **YES**, seek **immediate help**: go to the emergency room, call 1-800-273-8255, text 741741 or call 911 and **STAY WITH THEM** until they can be evaluated.