



ASK YOUR FRIENDS

CARE FOR YOUR FRIENDS

EMBRACE YOUR FRIENDS



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: 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.</i> | | High Risk |



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



Download Columbia Protocol app