



***A**SK YOUR COLLEAGUES
CCARE FOR YOUR COLLEAGUES
EMBRACE YOUR COLLEAGUES*

**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.

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