



A lifetime of great relationships®

Evaluating the Threat of Suicide

©Dr Gary Sweeten
Sweeten Life Systems

Although suicide and violence is rare a school setting faculty are the first line of defense for evaluating and preventing these situations. You do not have to be a professional to pick up the signals of potential violence and intervene so a student's health is kept safe.

The following items are indicators of danger.

1. Expresses despair of life and feels like dying.
2. Thoughts of hurting self or others.
3. Is thinking violent thoughts
4. Attempted suicide or violent acts in the past
 - a. When?
 - b. What was the result?
5. Personally knows a person who committed suicide
6. Has had a recent loss of face, family member, spouse, etc
7. Is currently drinking a great deal of alcohol
8. Has a serious medical condition
9. Seems very sad, down, depressed or anxious.
10. Fails to do his/her class work
11. A sudden loss of interest in school. Grades fall.
12. Avoids being with friends and faculty. Isolation.
13. No mention of plans for the future so no reason to live
14. Has withdrawn from relationships.
15. Making final plans.
16. Has a plan for suicide or violence. You must get details of the plan.
17. Other insights and issues
18. Danger (Circle the appropriate level)
Low Medium High
0--1--2--3--4--5--6---7--8--9--10
19. Action plan. If high risk, make sure you help them get to a safe place. Call for help. Do not leave them alone. Ask them to promise not to hurt themselves. We cannot make a person change but we can influence them.
20. The people of highest risk are depressed lonely males, with no immediate support persons and a specific plan with means to carry it out. Males are usually more violent than females.

For Counseling go to www.lifewaycenters.com 513-769-4600

For Spiritual and Peer support go to www.sweetenlife.com