

Formula for Trouble

The formula below may be helpful in determining the level of suicidal risk in a person during a crisis period.

Current specific suicide plan + available means
+ lethal method + previous history (personal
attempts or suicide among other family members
or friends) + one or more other risk factors
+ lack of resources available =

POTENTIALLY DEADLY OUTCOME

The American Association of Suicidology suggests paying close attention to the "can't" phrases. They often point to elevated suicide risk.

Can't:

- Stop the pain.
- Think clearly.
- Make decisions.
- See any way out.
- Sleep, eat or work.
- Get out of depression.
- Make the sadness go away.
- See a future without pain.
- See oneself as worthwhile.
- Get someone's attention.
- Seem to get control.

If you have the "can'ts," get help. If you hear the "can'ts," offer help.



QuickAlert

If you know someone who fits the criteria above, take action and get him or her professional help as soon as possible. This can mean getting the person to a hospital for professional evaluation.