**Suicide Assessment**

**Warning Signs:**

Warning signs should be attended to and not be ignored or perceived as an attention getter. These warning signs are a way to reach out and ask for help. Common warning signs for suicide assessment include the following signs/symptoms:

1. **VERBAL**

**DIRECT:** “I am going to kill myself.”

**INDIRECT:** “My life is not worth living anymore.”

1. **PAST ATTEMPTS, CURRENT PLANS, AND VIEW OF DEATH**

Frequent suicide thoughts

Previous suicide attempts

A detailed and feasible plan

Arrangements to give away possessions

Fantasize about suicide as a way to get a happier afterlife

**C. REACTIONS TO PRECIPITATING EVENTS**

Is the student experiencing severe psychological distress?

Have there been major changes in recent behavior along with negative feelings and thoughts

(Such changes often are related to recent loss or threat of loss of significant others or of positive status and opportunity. They also may stem from sexual, physical, or substance abuse. Negative feelings and thoughts often are expressions of a sense of extreme loss, abandonment, failure, sadness, hopelessness, guilt, and sometimes inwardly directed anger.)

**D. BEHAVIORAL**

Perceived low self esteem

Suicide note

Sudden poor school or job performance

Sudden unexplained recovery from depression, sudden positive outlook- like the person is fine

**E. SITUATIONAL**

Problems at school (poor relationships with teachers, grades are slipping, etc)

Poor social problems

Does the student feel alienated

Is there a lack of help (from students/friends/faculty) to help the student survive