Any patient and/or client threatening suicide, self-injury or reporting an attempt, must be considered high risk for completing the act.

Any patient threatening suicide should not be left alone for any reason.

**Warning Signs – Red Flags**

**Actions**
- Withdrawal (family, friends, school, work)
- Loss of interest in life in general
- Abuse of alcohol or drugs
- Extreme behavioral changes
- Impulsivity
- Self-mutilation

**Physical**
- Lack of interest in appearance
- Change/loss in sex interest
- Disturbed sleep
- Change/loss of appetite/weight
- Physical health problems

**Feelings**
- Desperate
- Worthless
- Sad
- Hopeless
- Helpless

**Thoughts**
- 'I just can’t keep my thoughts straight’
- ‘I just can’t take it anymore’
- ‘I wish I were dead’
- ‘No one can do anything to help me’

**Stressful Events**
- With FEELINGS OF LOSS (almost anything depending on how the person feels about it)
YOU have to ask the question – Ask the question directly

‘Are you having thoughts of suicide?’ ‘Are you thinking of killing yourself?’
If answer is YES, assess risk by asking the following questions:

A) Do you have pain (emotional and/or physical) that at times seems unbearable?
B) On a scale of one to 10, how would you rate your pain?
C) Do you have a plan? How do you intend to do it? (Is there means available, and has time been decided?)
   Note: The more lethal the means, the more available the means, and the more definite the time frame, the greater the risk.
D) Have you tried to kill yourself before? When? How many times? What did you do?
E) Do you know anyone else who has attempted suicide or have taken their life?
F) Do you have family and friends you can go to for help? Would you go to them if you needed to?
G) Has anyone close to you suggested that you need help?
H) Have you experienced challenges with your mental health and/or addictions?
I) Have you ever been prescribed medication for your moods or your nerves?
J) Have you ever used alcohol and/or drugs to make you feel better?

WHAT to do

The following is a list of contacts for supports:

- Child and Youth Crisis Service (for clients under the age of 18) – 1-866-327-3224
- CAST – Crisis Assessment and Support Team (for age 16 and over) – Crisis line – 1-866-487-2278
- Emergency Psychiatric Team – St. Joseph’s Hospital Hamilton – after 4:30 p.m. 905-522-4941
- Children’s Hospital of Western Ontario – Child and Adolescent Mental Health Care  519-667-6640
- London Mental Health Crisis Service – 519-433-2023
- COAST Hamilton Crisis line – 905-972-8338
- Brantford General Hospital – for 16 years and older 519-752-CARE
- Ontario Provincial Police – 1-888-310-1122
- St. Leonard’s Mobile Crisis, Brantford – 519-759-7188 (for local calls)  1-866-811-7188