



***ASK YOUR COMMUNITY***

***ASK YOUR FELLOW FIREFIGHTER***

***CARE AND ESCORT THEM TO HELP***



**See Reverse for Questions  
that Can Save a Life**

|  | 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, answer questions 3, 4, 5 and 6<br>If NO to 2, go directly to question 6   |            |               |
| 3) Have you thought about how you might do this?   |            |               |
| 4) Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?   | High Risk  |               |
| 5) Have you started to work out or worked out the details of how to kill yourself? Do 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?<br><i>Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.</i> |            | High Risk     |



Any **YES** indicates that someone should seek a behavioral health referral. However, if the answer to **4, 5 or 6** is **YES**, seek **immediate help**: go to the emergency room, call **1-800-273-8255**, text **741741** or call **911** and **STAY WITH THEM** until they can be evaluated.



Columbia Protocol app available