



**Ask Your Fellow Sailor
Care for Your Fellow Sailor
Escort Your Fellow Sailor**



THE COLUMBIA
LIGHTHOUSE
PROJECT

IDENTIFY RISK. PREVENT SUICIDE.

**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
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?

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?

Always Ask Question 6

Lifetime Past 3 Months

6) Have you done anything, started to do anything, or prepared to do anything to end your life?

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.

High Risk



Any YES indicates the need for further care. However, if the answer to 4, 5 or 6 is YES, immediately ESCORT the Sailor to the nearest Chaplain, Mental Health Provider, Unit Leader or Emergency Department.



DON'T LEAVE THE PERSON ALONE. STAY WITH THEM UNTIL THEY ARE IN THE CARE OF PROFESSIONAL HELP