



PSYCHOLOGICAL HEALTH PROGRAM

CRISIS PROTOCOL

Any **YES** indicates the need for further care. However if the answer to 4,5, or 6 is **YES** immediately **ESCORT** to **ER**.
Notify Unit Leader, Chaplain and Mental Health provider.

	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 all following questions. If NO to 2, go direction 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?	High Risk	
5) Have you started to work out, or have worked out, the details of how to kill yourself? Do you intend to carry out this plan?	High Risk	
Always ask question 6	Lifetime	Past 3 Months
6) Have you done anything, started to do anything, or pretend to do anything to end your life? <i>For example: 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>		

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

988

**Suicide & Crisis Lifeline
24/7 CALL, TEXT, CHAT**



IMPORTANT INFORMATION AND RESOURCES

ACE

Suicide Prevention

Ask - Ask directly and stay calm. Ask safety questions anytime you think a Soldier may be a danger to themselves.

Care - Show that you care, actively listen without judgement. Remove any means that could be used for self injury.

Escort - Escort to help, hospital or provider. For safety escorts should be 2-1.

COARNG

Local Resources

SARC: 24hr Help Line
720-847-7272

J9 24hr Resource Line:
1-866-333-8844

Chaplain: 720-456-5317

DPH: 720-219-0749
Tues-Friday- 0700-1700



TIME + DISTANCE

Putting time and distance between a suicidal person and a lethal means of suicide may save a life. The odds of survival go up for **three** reasons:

- 1 A personal crisis is often brief.
- 2 Lethality of an attempt often depends in part on the method (e.g., firearms, drugs/medications, etc.).
- 3 90% of those who attempt suicide and survive, do not attempt suicide again.

If someone you know is at risk, help reduce access to lethal means until they are no longer in distress.

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LIFELINE

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SUICIDE
& CRISIS
LIFELINE

**Military/Veterans
Crisis Line**
1-800-273-8255

Confidential chat at MilitaryCrisisLine.net or text 838255

Make a difference today...connect, ask, care