

TIPS TO SUPPORT SOMEONE

1

LISTEN

Talk openly. Listen nonjudgmentally.
Let them know you care.
Be present in the moment.

2

RESEARCH & CONNECT

Learn about mental health and resources in our community. Encourage professional help and offer to go with them if you can.

3

ASK HOW YOU CAN HELP

There are many simple things we can do; regularly connect with a phone call or invite them to activities you both enjoy. Ask scaling questions. "On a scale of 0-10 how are you feeling? What number means reach out for help?"

4

TAKE CARE OF YOU

Supporting someone who is struggling can be difficult. Make time for yourself, your hobbies, and important relationships.

Always ask question 1 & 2		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, ask questions 3,4,5 and 6 If NO to 2, skip to question 6		
3) Have you been thinking about how you might do this?		
4) Have you had these thoughts and had some intention of acting on them?		High Risk
5) Have you started to work out or worked out the details of how to kill yourself? Did 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? <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



Download Columbia Protocol app

Any **YES** indicates that someone should seek behavioral healthcare. However, if the answer to **4, 5 or 6** is **YES**, get immediate help: Call or text **988**, call **911** or go to the emergency room. **STAY WITH THEM** until they can be evaluated.



COMCARE

A Certified Community Behavioral Health Clinic