

JLAP

Indiana Judges and Lawyers Assistance Program

320 N. Meridian Street ■ Suite 606 ■ Indianapolis, IN 46204 ■ 317.833.0370 ■ Toll Free: 866.428.5527.

■ Fax: 317.833-0371 ■ www.ingov/judiciary.ijlap

Major Predictors of Suicidal Behavior

Current Plan

- **Specificity of plan**
- **Availability of means**
- **Lethality of method**

Previous History

- **Prior Suicide Attempt**
- **Family history of Attempted or Completed Suicides and/or Mental Illness**

Resources available

Suicide Warning Signs

- **Suffered a recent loss (death of friend or family member; divorce or separation; broken relationship; loss of job or retirement, money, home, status; health problems (important whether the loss is significant to them even if it would not be for most people))**
- **Substance abuse and/or dependence**
- **Mood Disorder (depression, bipolar, etc.)**
- **Expressions of hopelessness, powerlessness, worthlessness, shame, guilt, self-hatred, inadequacy**
- **Declining performance or interest in work**
- **Change in sleeping and eating patterns (either direction)**
- **Loss of interest in, and withdrawal from, friends, family and society**
- **Isolation**
- **Explicit statements of thoughts or feelings of suicide, death and/or dying**
- **Acquiring the means to commit suicide (buying gun, stockpiling medications)**
- **Making arrangements; drafting a will; getting one's affairs in order**
- **Giving away personal possessions**
- **Sudden religious interest or disinterest**
- **Acting reckless or engaging in risky behavior**
- **Changes in personality, including suddenly appearing happier, calmer**
- **Loss of hope**

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What Can I Do to Help Someone Who May Be Suicidal?

- Know the risk factors
- Recognize depression
- Take any threat of suicide seriously
- Be willing to listen; be as nonjudgmental as you can
- If there is no explicit threat – ask; don't worry about being embarrassed because you were wrong
- If they are feeling suicidal, ask if they have a plan. See if they have the means or have thought about when to make an attempt.
- If they DO NOT have a plan they still need professional help. Encourage them to call JLAP or a mental health professional or call JLAP yourself.
- If the threat is immediate, do not leave them alone. Remove any firearms, drugs or sharp objects. Take whatever action is necessary to get them professional assistance immediately.
- Never agree to keep the fact that they are suicidal a secret.
- ***At any stage, call JLAP.*** We are here to help in any way, from guiding you through determining if a friend or colleague may be suicidal to helping get an acutely suicidal friend or colleague hospitalized.

INTERVENTION

Do's

Remain calm
Help define problem
Rephrase thoughts
Focus on central issue
Stay close
Emphasize temporary nature of situation
Emphasis resources
Listen!

Don'ts

Don't sound shocked
Don't offer empty promises
Don't debate morality
Don't leave the person alone
Don't keep it a secret
Don't remain only person helping