

Suicide

CRISIS SUPPORT (1)

C.A.R.E. Protocol

STEP 1: Connect	STEP 2: Assess	STEP 3: Respond	STEP 4: Empower
Create a calm, safe environment that allows for private conversation and minimal distractions to identify possible risk of self-harm (use Warning Signs).	Use Screening Questions to assess risk of harm.	Implement safety measures in response to risk assessment (e.g. keep individual away from sharp objects, potential weapons, etc.).	Assist in developing a simple Safety Plan for individuals who display non-imminent risk.
Maintain appropriate eye contact and open body language.	Offer support like helping to contact support services and family members.	Use active listening techniques to show understanding.	Support independent decision-making while ensuring the safety of the individual.
Use a gentle tone of voice and express genuine concern without judgment.	Keep emergency contact information available.	Maintain professional boundaries while validating emotions.	Help identify personal strengths and existing support systems.
Give the individual time to process and respond.	Document any safety concerns or risks observed.	Follow any established protocol set in place for crises.	Follow up with individual, showing support and offering prayer.

Warning Signs

Mood:

- Loss of interest
- Depression
- Anxiety
- Anger
- Irritability
- Sudden improvement



Talks About:

- Feeling hopeless
- Killing themselves
- Feeling trapped
- Intolerable pain
- Having no reason to live



Behavior:

- Isolation
- Telling people goodbye
- Giving away cherished items
- Searching for methods to end their lives

References:

- American Foundation for Suicide Prevention. (2019, December 25). *Risk factors, protective factors, and warning signs*. American Foundation for Suicide Prevention. <https://afsp.org/risk-factors-protective-factors-and-warning-signs/>
- Flarey, D. (2024, June 20). *Crisis Intervention Model: Essential Steps for Effective Response*. AIHCP. <https://aihcp.net/2024/06/20/crisis-intervention-model-essential-steps-for-effective-response/>
- National Institute of Mental Health. (2024). *5 Action Steps to Help Someone Having Thoughts of Suicide*. National Institute of Mental Health (NIMH). <https://www.nimh.nih.gov/health/publications/5-action-steps-to-help-someone-having-thoughts-of-suicide>

Suicide

CRISIS SUPPORT (2)

Screening Questions

Safety Plan

1. To assess risk of harm, ask:	Warning signs I'm becoming unsafe:
<ol style="list-style-type: none"> 1. In the past few weeks, have you wished you were dead? 2. In the past few weeks, have you felt that you or your family would be better if you were dead? 3. In the past week, have you had thoughts of killing yourself? 4. Are you having thoughts of killing yourself now? 5. Have you done anything, started to do anything, or prepared to do anything to end your life? 	<ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____
	Coping strategies to soothe my feelings or distract me:
	<ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____
	Support System (who I can ask for help):
	Name _____ Number _____
	Name _____ Number _____
	Name _____ Number _____
	Professionals I can contact during a crisis:
	Clinician _____ Number _____
	Hospital _____ Number _____
	Hotline Suicide & Crisis Lifeline Number 988 _____
	Make my environment safe by (removing/adding items):
	<ol style="list-style-type: none"> 1. _____
	<ol style="list-style-type: none"> 2. _____

References:

1. Columbia University Department of Psychiatry. (2021, September 29). *A Simple Set of 6 Questions to Screen for Suicide*. Columbia University Department of Psychiatry. <https://www.columbia.edu/psychiatry/news/simple-set-6-questions-screen-suicide>
2. National Institute of Mental Health. (2022). *Ask Suicide-Screening Questions (ASQ) Toolkit*. National Institute of Mental Health. <https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials>
3. Stanley, B., & Brown, G. K. (2012). Safety Planning Intervention to Mitigate Suicide Risk. *Cognitive and Behavioral Practice*, 19(2), 256–264. <https://doi.org/10.1016/j.cbpra.2011.01.001>