

Suicide Prevention Pathway

Suicidal Ideation

When a person is thinking about ending his or her life.

Determine the extent:

1. Does the person have a plan?
2. Does he or she have a way/method to commit suicide?

Yes to EITHER:

- Complete Individual Safety Plan
- Refer for professional help
- Notify responsible pastor

Yes to BOTH:

Medical/Psychiatric Emergency

- Maintain visual sight of the individual at all times
- Initiate response for help
- Notify responsible pastor

Call Mental Health America (MHA) for additional help

CRISISline – (864) 271-8888
Teenline – (864) 467-TEEN
Veterans – 1 (855) 838-8255
National – (800) 273-TALK

In-home assessment

Community Crisis Response & Intervention (CCRI)

(833) 364-2274 • ccri@scdmh.org

*Provide services 24/7/365 within 60 minutes of contact with CCRI team

Hospital assessment (local options in Upstate)

The Carolina Center (Carolina Behavioral Health)

(864) 640-4036 • thecarolinacenter.com

Prisma Department of Psychiatry and Behavioral Medicine

(864) 455-8988 for screening, or Emergency Department/911

Those at risk:

- History of violence or previous suicide attempts
- Psychiatric illness
- Recent loss of a relationship, family member, pet, or job
- Recent diagnosis of a serious medical condition
- Alcohol or substance abuse
- Financial stress
- Victim of physical or sexual abuse
- History of completed suicide in family
- Chronic pain

Ask the right questions:

- How are you coping with what has been happening in your life?
- Do you ever feel like just giving up?
- Are you thinking about dying?
- Are you thinking about killing yourself?
- Are you thinking about suicide?
- Have you thought about how you would do it?
- Do you know when you would do it?
- Do you have a means to do it?
- Have you ever attempted to harm yourself in the past?

Heed the warning signs:

- Observation of the person looking for ways to kill him or herself
- Seeking access to pills, weapons, or other means of harm
- Rage, anger, or revenge-seeking behavior
- Voicing helplessness
- Acting reckless or engaging in risky activities seemingly without thinking
- Feeling trapped like there is no way out
- Increasing alcohol and drug use
- Withdrawal from friends, family, and social activities
- Anxiety or agitation
- Sleep disturbances or sleeping all the time
- Dramatic mood or personality changes (not always negative)
- Talking or writing about death, dying, or suicide
- Saying goodbye to people as if the person will not see them again; giving away special personal items