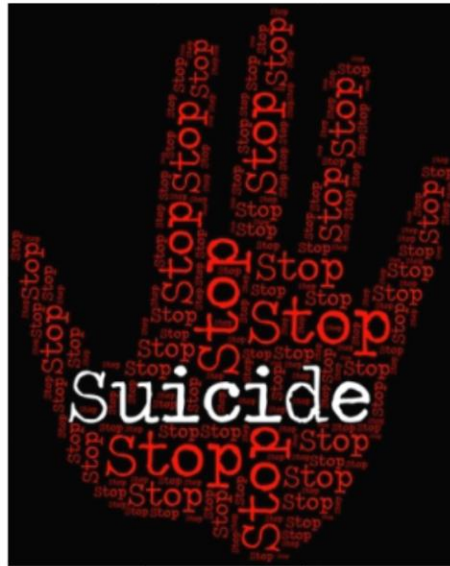




Safe Insight

L.E.A.R.N.©



**To Prevent
Suicide**

Table of Contents

L.E.A.R.N.	4
Look	5
Evaluate	6
Ask	7
Respond	8
Never	9

L.E.A.R.N.©

To Prevent Suicide

L

LOOK for warning signs

E

EVALUATE risk factors

A

ASK questions

R

RESPOND appropriately

N

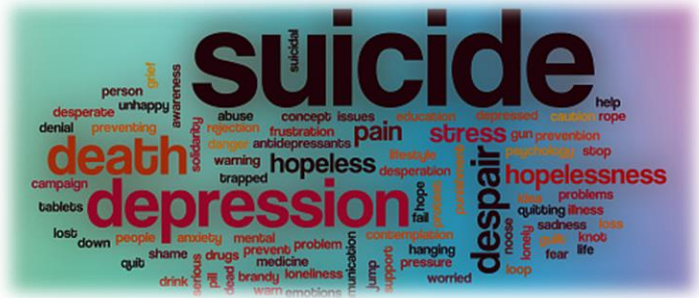
NEVER allow firearm access

This acronym could save somebody's life!

LOOK

For Warning Signs

- Threatening to hurt or kill self
- Looking for ways to kill self
- Seeking pills, weapons, or other means
- Talking about death, dying, or suicide



- Hopelessness
- Rage, anger, seeking revenge
- Acting recklessly or engaging in risky activities
- Feeling trapped – as if there is no way out
- Increasing alcohol and/or drug abuse
- Withdrawing from friends, family, or society
- Anxiety or agitation
- Sleep – insomnia or sleeping all the time
- Dramatic mood swings
- No sense of purpose or reason to live

EVALUATE

Risk Factors

- Suicidal intent, plan, or ideation
- Previous suicide attempt(s)
- Alcohol and/or substance abuse
- History of psychiatric diagnosis
- Poor self- control, impulsive
- Recent loss – physical, financial, or personal
- Family history of suicide
- Abuse history – physical, sexual, or emotional



ASK

The Following Questions

- Are you feeling hopeless about the future?
- Have you had thoughts of taking your life?
- When did you have these thoughts?
- Do you have a plan to take your life?
- Have you ever attempted suicide?

"How are you?"

Useless
Broken
Confused; Betrayed
Never good Enough
Fragile; Anxious
I'm falling apart and
you don't notice it
Rejected
Lonely
Pathetic; Annoying
Defeated

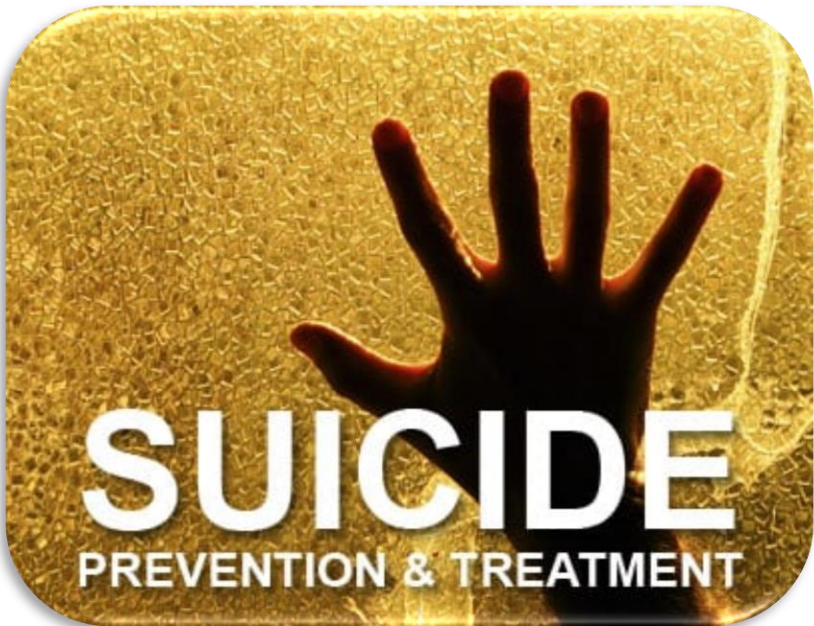
"How are you?" is not a good question.

The answer is usually "FINE".

RESPOND

Appropriately

- Refer for mental health treatment
- Inform someone close to the patient
- Increase contact
- Commit to help through crisis



NEVER

Allow Access To Firearms

Make every effort to remove firearms for safekeeping.

Make up a reason to “borrow” them.

Secure them or take them to the local PD.





Safe Insight

www.safeinsight.net

877-217-SAFE / 877-217-7233

Prepare – Plan – Protect

Copyright © Safe Insight, 2017

www.safeinsight.net