

Warning signs that someone may be suicidal or unstable: IS PATH WARM?

| BEHAVIOR TO BE AWARE OF | SPECIFIC EXAMPLES THAT YOU OBSERVED |
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| I deation- thoughts or comments about suicide or not being around much longer, giving away items, making final plans, possession of lethal means | |
| S ubstance Abuse- Alcohol and drug Increase or change in alcohol or drug use, misusing over the counter medications, hoarding medication | |
| P urposeless- No reason for living, doesn't feel connected to anything or anyone | |
| A nxiety/ A gitation- Lack of sleep, or sleeping too much, nervous, irritable, paranoid thinking, feeling overwhelmed | |
| T rapped- No way out, can't envision future, can't see a solution to the problem, focused on past | |
| H opelessness- Nothing will help, nothing will work, no one will even care if their gone, nothing will get better | |
| W ithdrawing- from friends, family, society, isolating, canceling appointments, not present on social media, not going to regular activities | |
| A nger- Rage, seeking revenge, irritable, fits of rage, physical and/or verbal outbursts | |
| R eckless- risky activities seeming not to care about the outcome | |
| M ood Changes- especially if they are dramatic change. Mood improvement or mood deterioration. Excessively happy, excessively sad, manic/hyper. | |

Action Plan

If the person is an immediate threat to themselves or others call 911.

This means that the person will likely harm themselves or someone else if police do not intervene immediately.

- Do not leave the person alone, unless this puts you in danger.
- Secure all weapons or medications that they may have access to.

If there is no immediate threat, consider the following steps:

- Do not leave the person alone. An adult should stay with them for safety.
- Secure or closely monitor all firearms, medications, knives, sharps, car keys, chemicals, and any other lethal means that is in the home.
- If the person is prescribed medication, make sure that they have taken their medication. If they have missed multiple doses, they will need to see their provider to make sure it is safe to restart their medication.
- Calmly talk to them about the behaviors you have observed and your concern for their wellbeing.
- If they do not have a therapist or psychiatrist to contact, they may want to talk to a mental health professional right away by calling the crisis line at 1-888-299-1188 (this is available 24/7 and is a free resource to residents of Forest, Oneida, or Vilas County).
- Suggest they meet with a therapist (counseling) or psychiatrist (medication). They should consult their doctor for a referral or call The Human Service Center at 715-369-2215 to discuss a referral. Offer to go to the appointment with them if they are scared, anxious, or hesitant. You may want to share your observations with the provider.
- If they do not feel safe to stay home, suggest they stay with a friend or relative? If no one is available, they may be appropriate to use the crisis bed. Contact the crisis line at 1-888-299-1188 to request a crisis bed referral. (They will be connected to a mobile crisis screener who will provide a crisis assessment to determine that a crisis bed is appropriate. There is a fee associated with this service.)
- If they want to voluntarily admit to a psychiatric hospital for further evaluation, you or another adult should assist them in contacting inpatient psychiatric hospitals to secure an inpatient bed. This may require medical clearance at a local ER prior to transferring to the inpatient hospital.

Refer to The Human Service Center website for further resources: www.thehumanservicecenter.org

Notes: