



WellSpring
HOME HEALTH

201 E. Swanson Ave., Suite 7, Wasilla, AK 99654 (907)357-3655

Quality Medical Care in the Comfort of Your Home

Suicide Prevention Program

Warning Signs: When a client presents with any combination of the following, the care giver should be more vigilant. It is advised that help should be secured for the client:

- ✓ Talk of suicide or killing someone else.
- ✓ Giving away property or disregard for what happens to one's property.
- ✓ Withdrawal from friends and activities.
- ✓ Problems with girlfriend/boyfriend/spouse or significant other.
- ✓ Acting bizarre or unusual (based on your knowledge of the person).
- ✓ In trouble for misconduct or with the Law.
- ✓ Experiencing financial problems or significant loss.
- ✓ Those with significant life changes – divorce, retirement, move, etc.

When a client has any one of these concerns, the person should be seen immediately by a care giver.

- ✓ Talking or hinting about suicide.
- ✓ Formulating a plan to include acquiring the means to kill oneself.
- ✓ Having a desire to die.
- ✓ Obsession with death (music, poetry, artwork).
- ✓ Themes of death in letters and notes.
- ✓ Finalizing personal affairs and Giving away personal possessions.

Risk Factors: Risk factors are those things that increase the probability that difficulties could result in serious behavioral or physical health. The risk factors only raised the risk of an individual being suicidal it does not mean they are suicidal. The risk factors are often associated with suicidal behavior include:

- ✓ Relationship problems (loss of spouse, girl/boy friend, divorce, etc.)
- ✓ History of previous suicide attempts.
- ✓ Substance abuse.
- ✓ History of depression or other mental illness.
- ✓ Family history of suicide or violence.
- ✓ Work related problems.
- ✓ Transitions (retirement, move, etc.)
- ✓ A serious medical problem.
- ✓ Significant loss (death of love one, loss due to natural disasters, etc.)
- ✓ Current/pending disciplinary or legal action.
- ✓ Setbacks (academic, career, or personal)
- ✓ Severe, prolonged, and/or perceived unmanageable stress.
- ✓ A sense of powerlessness, helplessness, and/or hopelessness.

Suicidal Risk Highest When:

- ✓ The person sees **no way out** and fears things may get worse.
- ✓ The predominant emotions are **hopelessness and helplessness**.
- ✓ **Thinking is constricted** and dichotomous.
- ✓ Judgment is impaired by use of **alcohol or other substances**.

Wellspring Home Health Center, LLC

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