



American  
Foundation  
for Suicide  
Prevention

# SUICIDE FACTS

**#1**

Leading cause of  
death in young  
people

**#2**

most common cause  
of death for college  
students

**More than twice as many suicides than homicides**



**On average, there are 800,000 suicides worldwide each year, and 132 suicides per day in the US.**

**50%**

**In 2018, firearms accounted for 50.57% of all suicide deaths.**

**YOU CAN HELP BY ASKING  
WHAT'S REALLY GOING ON?**

COMPILED FOR  
NCDA 2020 CONFERENCE

[OURWORLDINDATA.ORG](https://ourworldindata.org)

[NIMH.NIH.ORG](https://nimh.nih.gov)

[AFSP.ORG](https://afsp.org)

**Adapted from: CAMS Suicide Status Form-SSF IV Suicide Status Form-IV**

**Client:** \_\_\_\_\_ **Counselor:** \_\_\_\_\_

Y N **Suicide plan:** When did the last thoughts occur: \_\_\_\_\_

Where/what stopped you: \_\_\_\_\_

How: \_\_\_\_\_ Y N Access to means / lethal

How: \_\_\_\_\_ Y N Access to means / lethal

Y N **Suicide Preparation** Describe: \_\_\_\_\_

Y N **Suicide Rehearsal** Describe: \_\_\_\_\_

• **Ideation: last thoughts occurred:** \_\_\_\_\_

○ Frequency \_\_\_\_\_ per day \_\_\_\_\_ per week \_\_\_\_\_ per month

○ Duration \_\_\_\_\_ seconds \_\_\_\_\_ minutes \_\_\_\_\_ hours

Y N **Current Intent to Die (scale 1-10)** Describe: \_\_\_\_\_

Y N **History/Practice of Suicidality**

• **Single Attempt** Describe: \_\_\_\_\_

• **Multiple Attempts** Describe: \_\_\_\_\_

Y N **Release of Information (if applicable): Counselor:** \_\_\_\_\_ Y N **Written Coping Plan**

Who are your supports/what keeps you here? Describe: \_\_\_\_\_

Y N **Do you feel safe to go home?** Describe: \_\_\_\_\_

Y N *Burden to others* Describe: \_\_\_\_\_

Y N *Interpersonal isolation* Describe: \_\_\_\_\_

Y N *Relationship problems* Describe: \_\_\_\_\_

Y N *Shame* Describe: \_\_\_\_\_

Y N *Impulsivity* Describe: \_\_\_\_\_

Y N *Substance abuse* Describe: \_\_\_\_\_

Y N *Significant loss* Describe: \_\_\_\_\_

Y N *Health problems* Describe: \_\_\_\_\_

Y N *Physical pain* Describe: \_\_\_\_\_

Y N *Legal problems* Describe: \_\_\_\_\_

## Safety Plan

List the warning signs that indicate that you may be moving into a crisis (thoughts/events/bx/feelings):

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List three coping skills that you can utilize when feeling/experiencing a crisis, SI, HI:

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List three people/resources with their contact information that you can call/rely on during a crisis:

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List three places you can go during a crisis:

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List local community resources that could be helpful during a crisis with contact information (phone number and physical address):

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List three reasons why it is important to you remain safe:

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Write anything else you feel may be helpful for you:

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# Client Safety Plan

I, \_\_\_\_\_, agree that when I'm upset that I will take the following steps:

- 1) Identify and be aware of the following triggers or cues that signal that I might need help. (e.g., feelings of loneliness, hopelessness, isolating yourself from others)

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- 2) Utilize the following coping strategies in order to promote positive thoughts and feelings. (e.g., listening to music, watching a movie, taking a walk, engage in a hobby)

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- 3) I will remember the following protective factors that prevent me from hurting myself or others. (e.g., religion, friends and family members' feelings, future aspirations)

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- 4) I can make my environment safer by doing the following. (e.g., be around friends, remove dangerous items from home, limit access to harmful tools)

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- 5) If suicidal thoughts do not lessen, I will contact the following family members and friends in order to lower my risk behavior.

----- Phone#: -----

----- Phone#: -----

----- Phone#: -----

## IF YOU NEED Th1MEDIATE HELP:

- o Big Bend 211 Hotline (24/7 Telephone Counseling): Dial 211 or 850-224-6333
- o FSU Police Department: 911 or 850-644-1234
- o Dean of Students (8AM-5PM, M-F): 850-644-2428 (Ask for Crisis Management Unit)
- o Suicide Prevention Hotline: 1-800-273-8255
- o FSU University Counseling Center Walk-In Session (8AM-5PM, M-F): 850-644-2003
- o Human Services Center for Low Cost Counseling: (850) 644-3857, hsc@coe.fsu.edu