

# ARE YOU THINKING ABOUT KILLING YOURSELF?

## Do you...

...feel like a burden to your family, friends, or your organization? **Y/N**

...feel the world would be a better place without you in it? **Y/N**

...isolate yourself at work or home? **Y/N**

...turn to alcohol or other addictive behaviors to make yourself feel better? **Y/N**

...notice that your sleeping patterns have changed? **Y/N**

...think, "What's the use?" when responding to calls? **Y/N**

...find yourself thinking about or performing unnecessary risks while at a scene or on an emergency incident? **Y/N**

...find an increased or new interest in risky activities outside your organization such as sky-diving or reckless motorcycle riding? **Y/N**

...display unexplained angry emotions or have you been disciplined recently for anger towards others within the last few months? **Y/N**

...find you are being told that "you have changed" by friends, family and/or fellow coworkers? **Y/N**

...have a history of suicide attempts? **Y/N**

...have a history of feeling depressed? **Y/N**

...have feelings of hopelessness? **Y/N**

★ Are you thinking about killing yourself? **Y/N**

★ Have you created plans to kill yourself? **Y/N**

★ Have you recently attempted to kill yourself? **Y/N**

***If you answered YES to the starred questions, SEEK IMMEDIATE HELP by dialing 911 or calling the National Suicide Prevention Lifeline:***

***1-800-273-8255***

Once you have reached one of the above, call a trusted family member, friend, chaplain, or counselor.

If you answered YES to at least 3 of these questions<sup>1</sup>, it is recommended that you contact a local Mental Health Care Professional that deals with First Responders who suffer from suicidal ideation's and depression.

If you need assistance in finding a counselor in your area, or would like more information, please contact SC4I at (719) 822-3387 or [contact@sc4i.org](mailto:contact@sc4i.org).

<sup>1</sup> These questions were adapted from the Firefighter/EMT Suicide Screening located at <http://www.ffbha.org/resources/suicide-questionnaire/>



**Status: Code 4, Inc**

2860 South Circle Dr, Ste 300  
Colorado Springs, CO 80906  
(719) 822-3387  
[www.sc4i.org](http://www.sc4i.org)