

Points to Remember

- Never promise total confidentiality - you might need to create a safety net of caring people.
- Discuss the suicidal thoughts and feelings to determine the degree of risk and the best referral source.

- Indicate your genuine concern.
- Arrange a safety contract.
- Do not leave the person alone if the risk seems imminent.
- Refer the person to an appropriate service for assistance.

If you are concerned that the person is at high risk, call:

Ryerson Security ext. 5040
Centre for Student Development and Counselling ext 5195

Ryerson Medical Centre
ext 5070
Police/ambulance
emergency 911
Gerstein Centre Crisis Line
416-929-5200
Distress Centres of Toronto
416-408-4357

**Ryerson
University**

**Centre for Student
Development & Counselling**
Student Health & Wellness

Indicators of Suicide Risk

416-979-5195

ryerson.ca/counselling

**Centre
for Student
Development
and Counselling**

Indicators of Suicide Risk

- Feelings of hopelessness and a belief that things are out of control.
- A prior attempt.
- Direct or indirect suicidal threats.
- A specific plan.
- Chronic illness, fatigue.
- Severe depression.
- Feeling isolated.
- Family or relationship difficulties.
- Inconsolable grief.
- Financial stress.
- Alcoholism, chronic use of other drugs.
- Family history of suicide.
- Sudden change in behaviour such as over-
elation, sudden calm, ignoring schoolwork,
giving away valued personal possessions, or
poor impulse control.

Ask Directly

“Are you thinking about ending your life?” OR “Are things so bad for you right now that you think that suicide is the only answer?”

Assess: (These factors can increase the risk)

- Is the plan concrete or underway?
- Is the proposed method lethal? Is the method immediately available? Is the chance of rescue unlikely?
- Does the person feel hopeless, helpless, and

out of control?

- Does the person have a history of suicide attempts?

Assess: (These factors can reduce the risk)

- Does the person have a support network?
- Does the person have clear reasons to live?