

SUICIDE INTERVENTION CONTACT SHEET

Primary Counselor

CALLER _____ M / F AGE _____
ADDRESS _____
PHONE _____ [] Anon [] Out of area

COUNSELOR _____ DATE _____
PHONE NAME _____ TIME _____ []AM []PM MIN _____
YOUR CENTRIX PHONE LINE # 714 - 705 -

1. **WRITE DOWN CALLER'S 10 DIGIT PHONE NUMBER IN LEFT SECTION ABOVE (CALLER ID) & STAY CALM!**
2. **ESTABLISH RAPPORT:** "I'm concerned for you."
3. **REFLECT FEELINGS TO DIFFUSE CRISIS (Circle feeling words that apply):** "It sounds like you're in a lot of pain." "It seems you feel depressed... grief... discouraged... sad... overwhelmed... lonely.... rejected.... angry... guilty... (other) _____."
4. **ASSESS SUICIDE RISK:**
 - a. "Are you having thoughts of suicide?" **Y / N**
 - b. "Do you have a plan for how you would kill yourself?" **Y / N** "What is it?" _____.
 - c. "Do you intend to carry this out today?" **Y / N**
5. **REINFORCE POSITIVE REASONS TO LIVE (Circle anything that gives caller a reason to live):** Spouse, parent, sibling, child, friend, God, pet, job, dreams, coming events, hobbies, favorite foods, negative belief about suicide, pain of suicide, (other) _____.
6. **SET A CONTRACT FOR LIVING**
 - a. "Will you commit not to attempt suicide?" **Y / N**
 - b. "Who can you talk to for support if you feel suicidal?" _____ "Will you commit to talk to him/her?" **Y / N**
7. **ASK AN ASSISTANT COUNSELOR TO CONTACT POLICE IF SUICIDE IS IN PROGRESS OR IS IMMINENT. IF CALLER IS ON A CELL PHONE OR THE NUMBER CAN'T BE TRACED THEN ASK FOR THE CALLER'S PHONE NUMBER ("In case we get disconnected.") OR ADDRESS ("So I can send out help for you.")**
 - a. Assistant Counselor's Name: _____
 - b. Were police contacted? **Y / N** (See **SUICIDE ASSISTANT CONTACT SHEET** for instructions!)

What specifically did the caller need help with? _____

(Continue on back)

How was caller helped? _____

What specific referral(s) did you make? _____

How do you feel now?

SPECIAL HANDLING:

- Urgent message from caller Frequent Caller
 Send materials _____
 Counselor has question or concerns (Explain on back)