

Steps To Prevent The Suicide Of Friends And Family Members

The College of Mental Health Counseling at urges the general public to learn and distribute these steps to prevent the suicide of friends and family members.

Please print or distribute this report throughout the community, the internet and send to all your contacts and friends.

This procedure is adapted by permission from *Effective Counseling Skills* written by Daniel Keeran, MSW, for counselors and **for the general public** in digital and hard copy on Amazon and here

<http://www.amazon.com/Effective-Counseling-Skills-therapeutic-statements/dp/1442177993>

Just as CPR has been promoted to save lives, it is vital that the general public knows how to recognize suicide risk and prevent suicide. Here are the steps:

1. **Notice if the person appears quiet and withdrawn**, oversleeps, has crying episodes, has loss of appetite and energy, appears dishevelled, the gaze is downward, the voice tone is flat, consistently negative comments, irritability, or says things like, "Life's not worth living," or "I hate my life," etc.
2. Ask: "How would you **rate your mood right now** on a scale of zero to ten with zero meaning life's not worth living and ten meaning life is great?"
3. If the person rates the mood as 5 or under, ask: "Have you had any **thoughts of suicide** or of harming yourself?" *
4. If the person indicates yes, go to the next step. If the person says, "**I don't know**," hear this as a "yes" to the question in #3.
5. Ask: "Have you **thought about how** you might end your life?" If the person says yes, the risk is increased.
6. Ask: "**What have you thought** about as how you might do it?" If the means is ineffective or non-lethal, such as cutting wrists, risk is lower. If the means is lethal such as using a gun or jumping from a bridge, etc., risk is higher.
7. Regardless of the means, ask: "**Can we agree together** that if you have thoughts of killing yourself, you will speak to me personally (not my voice mail) before carrying out a plan to harm yourself?"
8. If the person says "no" or "I don't know," to the question in #7, say: "What I am hearing is that you are in a lot of pain right now and thinking of ending your life, so I am **wanting you to go to the emergency room** right now and get some help to feel better right away. Will you go? I will make sure you get there safely. Is there a family member or someone I can call to go with you?" Or tell the person you will go with them yourself.
9. Arrange for the person **to be accompanied** to the emergency room, and call ahead to tell emergency staff you are coming.
10. If the person refuses, then ask the person to wait there with someone while you **call police** in another room to report that the person has threatened suicide with lethal means. Ask the police to come and accompany the person to the emergency room.

*Note: If the person rates the mood as 6 or over, after feeling consistently depressed, and s/he now reports life is great and s/he is smiling, the risk may be increased because s/he has **decided to end their life** and have made all arrangements.

For more information on practical skills contact _____.

College of Mental Health Counseling

presents the online

Professional Counselor Training Course

for the

Certificate of Professional Counseling and Therapy

(Qualifying Examination fee included in course tuition)

The College of Mental Health Counseling provides opportunities for the general public to receive online training to provide professional counselling services in their community as members of the College. The student may also increase professional development, knowledge, and skills within individual subject courses.

Course Description

Prerequisites: 1) sincere desire to increase self-awareness, 2) reading comprehension and writing composition skills.

Objectives:

1. To acquire knowledge and skills in the process of counselling individuals and couples.
2. To increase the student's self-awareness of issues and factors contributing to his or her current life and functioning.

Topics:

1. Completing and understanding the Clinical Assessment; steps for suicide prevention
2. Skills to begin, deepen, and close the counselling session and the over-all counselling process.
3. Skills to heal grief resulting from different types of loss: death of a loved one, breakup of a relationship, divorce, loss of health, bankruptcy, and others.
4. Skills to help others adopt healthy communication, reduce hostility, solve problems, resolve conflicts, listen with empathy, and speak assertively.
5. Approaches to help couples resolve specific issues: infidelity, household duties, addiction, and others.

Text and Materials:

Effective Counselling Skills: the practical wording of therapeutic statements and processes by Daniel Keeran, MSW.

Qualifying Examination for Professional Counselling Practice (sent as a Word .doc file, \$500 value included in tuition) from the College of Mental Health Counselling

Clinical Assessment Form (sent as a Word .doc file, included in tuition) from the College of Mental Health Counselling

Time for completion: Estimating 2 hours per week day, allow approximately 4 to 6 weeks with time extension granted on request.

The *Certificate of Professional Counselling and Therapy* is awarded upon completion of the above requirements.

To register, please request more information at _____