

# **P.L.A.I.D. P.A.L.S.**

*Things to watch for when assessing potential suicide risk...*

**P**lan – Do they have one?

**L**ethality – Is it lethal? Can they die?

**A**vailability – Do they have the means to carry it out?

**I**llness – Do they have a mental or physical illness?

**D**epression – Chronic or specific incident(s)?

**P**revious attempts – How many? How recent?

**A**lone – Are they alone? Do they have a support system? A partner? Are they alone right now?

**L**oss – Have they suffered a loss? Death, job, relationship, self esteem?

**S**ubstance abuse (or use) – Drugs, alcohol, medicine? Current, chronic?

*San Francisco Suicide Prevention <http://www.sfsuicide.org/html/warning.html>*