

# COMMUNITY CARD



***A**SK YOUR STUDENTS  
**C**CARE FOR YOUR STUDENTS  
**E**SCORT YOUR STUDENTS*

**See Reverse for Questions that Can  
Save a Life**

|   | In the Past Month    |
|---|----------------------|
| 1) Have you wished you were dead or wished you could go to sleep and not wake up?   |                      |
| 2) Have you actually had any thoughts about killing yourself?   |                      |
| If YES to 2, answer questions 3, 4, 5 and 6<br>If NO to 2, go directly to question 6  |                      |
| 3) Have you thought about how you might do this?  |                      |
| 4) Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?  |                      |
| 5) Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?  |                      |
| Always Ask Question 6   | In the Past 3 Months |
| 6) Have you done anything, started to do anything, or prepared to do anything to end your life?<br><br>Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc. |                      |

**Any YES must be taken seriously. Seek help from friends, family**  
**If the answer to 4, 5 or 6 is YES, immediately ESCORT to Emergency**  
**Personnel for care or call 1-800-273-8255 or text 741741 or call 911**



**DON'T LEAVE THE PERSON ALONE**  
**STAY ENGAGED UNTIL YOU MAKE A**  
**WARM HAND OFF TO SOMEONE**  
**WHO CAN HELP**