

# Suicide Care Pathway

## Linking Screening and Assessment to Brief Intervention

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### Thank for Sharing Suicidal Thoughts

“You’ve been having some trouble sleeping, as well as some suicidal thoughts. Thank you for letting me know. Suicidal thoughts are not uncommon.”

### Offer Hope by Hinting Resources

“People feel suicidal for important reasons. I imagine things aren’t easy.”

“I’ve got ideas that others have found helpful. I’ll offer those in a moment.”



### Ask Directly about When and How

“First, so I can be best helpful, how soon have you been thinking of killing yourself?”

“How have you been thinking about doing it?”

“Thank you. Let’s talk about ideas to make stress a bit more manageable right away.”

### Celebrate Resources

“Let me show you [NowMattersNow.org](https://www.nowmattersnow.org), built by people who got through hard times and wanted to help others.

- Diana’s Video In Opposite Action
- Safety Plan and Guide
- [Lock2Live.org](https://www.lock2live.org) safe storage
- Stop, Drop, Roll for overwhelming suicidal urges\*

I want you to spend some time on these. I’d love to hear your thoughts.”

\*or other emotional crises, including intense cravings. Includes cold water.



### Save Crisis Line and Schedule Next

“Let’s put a number for emergencies in your phone (1-800-273-8255 or 741741).

Let’s schedule a time to come in next. I’m going to put a little reminder of my hope for you and these resources on your appointment card.”

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## Direct Links to NowMattersNow.org Resources



[Safety Plan](#)

[Stop, Drop, and Roll \(Cold Water video\)](#)

[Stop, Drop, Roll steps and Crisis Lines](#)

[Safety Plan Guide](#)

[Caring Contact Card](#)

[Diana’s Video](#) (Opposite Action)