

SUICIDAL IDEATION CARE CARD - ADULT

This care card is intended for adults 18+ years of age.



Instructions for those assisting someone in need of a card:

The person you are concerned about can write the answers to the questions below on a small card for a pocket or purse, or print out this page (cardstock is recommended) and cut along the dotted line to give him/her the card to fill out.

A similar card/app for smart phones is available at <http://www.my3app.org/>.

The steps on this card are to be completed in numerical order so that the person has time to work through his/her thoughts. Practice all steps, including calling to ask for help. If using with youth, be sure that a positive adult is monitoring suicidality, or if a high level of suicidality is indicated, a clinician must monitor. Also, be sure to remove or lock up means that may be used to complete suicide.

Re: #5b below: One activity proven to help is to have the person text someone three times per day with something he or she is grateful for (or text with three items at the end of each day). They may need reminders. Research shows that listing three things we are grateful for each day for 21 days physically changes the brain and teaches us to scan our days for the positive instead of the negative.

Re: #5d below: List names and phone numbers. These contacts must be vetted. Practice calling with the person.

MY CARE CARD

1. Changes in thoughts, feelings and behaviors I notice when I begin to struggle:

2. If I have suicidal thoughts, I can (fill in each space with 2 or more activities):
 - a. Physical activities as stress relievers such as walk, work out, ride a bike, yoga:

 - b. Quiet, calming activities such as take a warm bath, write out my thoughts, meditate, pet my dog/cat, listen to calming music:

 - c. Concentration activities such as watch a funny show, read a book, cook/bake, play a musical instrument:

3. Five things to live for:

4. People and places to distract me:

5. If doing things for myself does not help, I can interact with or reach out to others.
 - a. Share feelings, thoughts, and triggering events that cause my suicidal thoughts with a friend or family member.
 - b. Write down, tell, or text to a friend or family member, something/someone that I am grateful for three times per day.
 - c. Something I can do to help someone else or a cause I'm passionate about right now: _____
- d. Four friends or family members I can call or text to help me make myself feel better (names and phone numbers):
 - 1) _____
 - 2) _____
 - 3) _____
 - 4) _____
6. Ways I can keep safe from my method of suicide: _____
7. If the above don't help me, I will call/text 208-398-HELP(4357) or online chat at <https://www.idahosuicideprevention.org/chat/>.
8. If I feel that I am in danger of hurting myself or suicide, I will call 9-1-1 to be taken to the emergency room.