

## Agencies to Contact for Assistance:

**Veterans and Active Duty  
National Suicide Hotline Number:  
1-800-273-TALK  
(8255)**

Wyoming County Crisis Outreach  
(585) 786-2233 ext. 4750

**Wyoming County  
Mental Health Crisis Line  
Toll Free – 1-800-724-8583**

Wyoming County Mental Health Clinic  
585-786-0190 – Daytime Number

Wyoming County Chemical Abuse  
Treatment Program  
422 North Main Street  
Warsaw, NY 14569  
585-786-8133

**National Drug Addiction Helpline  
1-800-559-9503**

**Rape Crisis Service  
24 Hour Hotline – 1-800-527-1757**  
4 West Buffalo St., Warsaw, NY  
585-786-5450 – Local Number

Wyoming County Domestic Violence  
Local Daytime Phone Number:  
(Collect calls are accepted)  
585-786-8904

**Domestic Violence Hotline Number:  
1-800-786-3300**

**NYS Drugs, Alcohol & Gambling Hotline:  
1-877-846-7369**

**Wyoming County Partners for Prevention  
[www.wycopartnersforprevention.org](http://www.wycopartnersforprevention.org)  
(585) 786-8970**

## References & Other Resources:

New York State Office of Mental Health  
< [www.omh.state.ny.us](http://www.omh.state.ny.us) >

New York State Office of Mental Health  
Suicide Prevention Education Awareness Kit  
(SPEAK) < [www.speakny.org](http://www.speakny.org) >

The National Suicide Prevention Lifeline,  
< [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) >

“Understanding and Helping the Suicidal  
Individual”, The American Association of  
Suicidology Home Page, < [www.suicidology.org](http://www.suicidology.org) >

## For more information please contact:

### Wyoming County Mental Health Department

Stephen C. Snell, LCSW  
Director of Community Services

338 North Main Street  
Warsaw, NY 14569

Phone: (585) 786-8871  
Fax: (585) 786-8874  
Email: [ssnell@wyomingco.net](mailto:ssnell@wyomingco.net)

# Wyoming County Suicide Prevention Task Force

## Suicide Risk Assessment Guide



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## Look for the Warning Signs

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- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself.
- Looking for ways to hurt or kill oneself by seeking access to firearms, available pills/hoarding pills or other means.
- Talking or writing about death, dying or suicide when these actions are out of the ordinary for the person.
- Feeling hopeless, helpless or worthless.
- Feeling rage or uncontrolled anger or seeking revenge.
- Acting reckless or engaging in risky activities – seemingly without thinking.
- Feeling trapped – like there’s no way out.
- Increasing alcohol or drug use.
- Withdrawing from friends, family and society.
- Feeling anxious or agitated, being unable to sleep or sleeping all the time.
- Experiencing dramatic mood changes.
- Seeing no reason for living or having no sense of purpose in life.
- History of Impulsive Behaviors
- **The presence of any of the above warning signs requires immediate attention and referral. In some cases hospitalization for safety may be indicated.**

## Factors that may Increase risk

- Current ideation, intent or plan access to means to hurt or kill oneself
- Previous suicide attempt or attempts
- Alcohol/Substance Abuse
- Impulsive and poor self-control
- Hopelessness presence, duration, severity
- Recent losses (physical, financial or personal)
- Family history of suicide
- History of abuse (physical, sexual or emotional)
- Co-morbid health problems – especially a newly diagnosed problem or worsening symptoms

## Factors that may Decrease risk

- Positive social support
- Spirituality
- Sense of responsibility to family
- Children in the home or pregnancy
- Life satisfaction
- Positive coping & problem solving skills

## Ways to be helpful to someone who is threatening suicide:

- Get involved. Become available. Show interest and support.
- Be direct. Talk openly and freely about suicide – ask if he/she is thinking about suicide.
- You may need to take emergency steps to get help such as calling 911.

- Questions should be heightened and more straight forward. Do not beat around the bush – be specific.
- Keep the person talking about what is bothering them and direct them towards getting professional help right away.
- You should take their distress seriously & listen non-judgmentally.
- If someone is suicidal, he or she **MUST NOT** be left alone.
- Be willing to listen. Allow for expression of feelings and accept the feelings. Don’t debate whether suicide is right or wrong or feelings are good or bad. Don’t lecture on the value of life.
- Share your feelings with them. Tell them that you are concerned. They need to know that they are important to you and that you care.
- Offer empathy, not sympathy.
- Don’t be sworn to secrecy – **Seek Support!**
- Don’t dare him/her to do it.
- Don’t act shocked – this creates distance.
- Don’t ask “why” – this encourages defensiveness.
- Offer hope that alternatives are available, don’t offer casual reassurance: it only proves you don’t understand.
- **TAKE ACTION! REMOVE MEANS!** Get help from individuals or agencies specializing in crisis intervention and suicide prevention.