WHAT YOU CAN DO?

P.L.A.I.D.   P.A.L.S.

Using this acrostic, here are some things to watch for when assessing the potential risk of suicide in a family member or friend...

**Plan** -- Do they have one?

**Lethality** -- Is it lethal? Can they die?

**Availability** -- Do they have the means to carry it out?

**Illness** -- Do they have a mental or physical illness?

**Depression** -- Chronic or specific incident(s)?

**Previous attempts** -- How many? How recent?

**Alone** -- Are they alone? Do they have a support system? Partner? Are they alone right now?

**Loss** -- Have they suffered a loss? Death, job, relationship, self esteem?

**Substance Abuse (or use)** -- Drugs, alcohol, medicine? Current, chronic?

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