1. FRIEND
You have gone to see your friend Dianne whom you have been worried about for a long time. Her outlook on life has changed in recent weeks and she seems to see no future with her in it. She cries constantly and does not have the energy to get up in the morning or to carry out her daily activities. Dianne has lost a lot of weight and doesn't care about her appearance. Her house is in chaos and she tells you she cannot cope any more. You are really worried about the situation and her willingness to keep going.

Assess
• You ask her if she is thinking of taking her life and she replies, “Yes, I no longer want to live; there is no point.”
• You ask her how she is going to do it. She tells you she has been collecting prescription drugs from the doctor and in the next couple of days she will take them and it will all be over.
• You ask her if she has tried this before. She said “no” she has never felt this bad in the past.
• You ask her if she has the pills, how many, and where they are? She tells you how many she has and where she keeps them.

2. FRIEND
You are worried that your best friend Sue is having suicidal thoughts. Your friend is suffering from depression. She has told you she is having trouble taking her medication and going to the therapy session that has been arranged for her. You notice that Sue has become withdrawn from you and other friends and is starting to neglect responsibilities. She has become extremely moody and has strong emotions of guilt and anger. She is complaining about more aches and pains, is becoming extremely anxious, and seems to have a complete lack of energy.

Assess
• You approach your friend and ask her if she is thinking about suicide and she replies “yes.”
• You ask her if she has a plan. She tells you she just can’t live with the depression and feels her treatment is not working. She says she doesn’t have a plan but just knows she has to end the pain and sadness.
• You ask her if she has ever attempted suicide. She has never attempted suicide, but has had suicidal thoughts at different times.

3. WORKPLACE
You have been noticing that a work colleague has not been himself lately. He is unhappy in his work; he misses many days and is constantly late. You become very concerned because he has always been a hard worker who has contributed to the team’s success. He also has been giving away his CD and DVD collection, of which he was very protective and proud. He no longer eats with his friends and can often be found slumped at the back of the building during lunch hours.

You decide to talk to him. You approach him during the lunch break. You ask if he would like to talk to you and he just breaks down. In the middle of his sorrow, he says he is going to kill himself.

Assess
• You ask him how he plans to take his life. He says he thinks he will shoot himself.
• You ask him if he has ever attempted suicide. He says he has tried before but couldn’t go through with it.
• You ask if he has the means. He doesn’t own a gun but can get access to his friend’s gun as they regularly go shooting together. He knows his friend would not suspect anything as he regularly borrows his gun and goes shooting with another group of friends.
4. WORKPLACE
You are meeting with Poppy, a colleague whom you supervise. You have been a bit concerned about Poppy lately. Her usual enthusiastic outlook on life has changed over recent weeks. She is behind with her work and you no longer hear her usual friendly laugh. You tell her she has been looking tired lately and she says she has no energy to get out of bed in the morning. She has lost some weight and does not look as well groomed as she usually is. You become increasingly concerned during the course of the discussion about Poppy's willingness and ability to keep going.

Assess
• You ask her if she is thinking about taking her own life and she replies: “I don’t want to live anymore. I don’t see any other way out.”

5. CORRECTIONAL INSTITUTION
John is 22 years old and this is his third conviction and second time in prison. He has been back in prison for 10 days for a property crime. His file notes include information about childhood abuse. Records also show that he made several suicide attempts when in the community, he has experienced bouts of depression, and that he reported finding it difficult to lead a normal life. Records show that he has had extensive contact with mental health services.

He is described as moody and likely to lose his temper easily. He believes that everyone is against him and that nothing he ever does is right. He gets stressed in confined spaces and his behavior has deteriorated when placed in the observation cell.

John has been given permission to use a computer in the education center. You are in the education center and you find rough notes belonging to him. Among the papers is a partly completed note to one of the other inmates. The note says:

“Dear Bob,
I want you to have all my stuff because you are the only one who has been half-decent to me. Tell them I had no choice. There is nothing left for me and they were going to get me. I couldn’t face that and I’m doing it myself.”

Suicidal Thoughts & Behaviors Scenarios Continued