

RESPONDING TO YOUTH SUICIDE CRISIS – QUICK REFERENCE

ASSESSMENT – P.L.A.I.D.P.A.L.S*

Plan - does s/he have a plan? Has the plan been rehearsed or practiced in the past or present? How often? When?

Lethal - is the plan lethal?

Access - does s/he have access to the means?

Illness - does s/he have complaints about physical &/or chronic physical or mental illness/condition?

Depression - does s/he have signs or symptoms of depression?*

Prior attempts - has s/he and/or family members had prior suicide attempts?

Alone - is s/he alone, isolated or without support?

Loss - has s/he experienced sudden loss, change or other stressful life event?

Substance use/abuse -has s/he been using or increasing use of alcohol and drugs?

TAKE ACTION – S.A.F.E.

Safety comes first! If at imminent risk do not leave the youth alone and arrange for emergency response and care. Limit access to lethal means.

Active plan for intervention - If not at imminent risk, make an active plan for behavioral health treatment & psychosocial support. Involve someone close to the youth.

Find - Find consultation, back-up and support.

Ensure follow-up - Increase contact & make a commitment to help the youth through the crisis.

Risk Factors

1. Psychiatric disorders- depression, bipolar, impulsive aggressive behavior, anxiety
2. Drug and alcohol use/abuse
3. Previous suicide attempt
4. Family history of suicide, psychiatric disorders or substance abuse
5. History of physical, sexual or emotional abuse
6. Family disruption, conflict or stress
7. Impulsive behavior
8. Hopelessness or despair
9. Isolation, rejection or feelings of shame
10. Stressful life event or loss
11. Chronic physical illness or condition
12. GLBTQ and immigrant youth, esp. without family or community support
13. Access to lethal methods, esp. guns
14. Preoccupation with death

Protective Factors

1. Problem solving skills
2. Family connection and support
3. Realistic life goals or future plans
4. Religious or spiritual beliefs
5. Academic achievement
6. Support from health providers
7. No access to lethal means
8. Sees stress as limited, does not blame self for stress
9. Community and school connection, support, and engagement

**** DEPRESSION**

- Sadness that won't go away
- Hopelessness, boredom, complaining
- Unexplained irritability/crying
- Guilt/self-blame
- Difficulty concentrating
- Loss of interest in usual activities
- Changes in eating/ sleeping, fatigue
- Alcohol or drug use or abuse
- Missed school/↓ performance
- Runaway threats or attempts
- Increased risky behavior
- Aches/pains unresponsive to Rx
- Thoughts about suicide or death

* San Francisco Suicide Prevention

IMPORTANT CONTACTS & PHONE NUMBERS

SUICIDE CRISIS

☎ **911**

San Francisco Comprehensive Child Crisis Services

☎ 415-970-3800 *Crisis intervention for youth 18 and under.*

San Francisco Suicide Prevention

☎ 415-781-0500,
415-303-7432 *Spanish*
415-781-5212 TDD
24-hour crisis intervention.

California Poison Control

☎ 800-876-4766

EMERGENCY & URGENT CARE CENTERS

California Pacific Medical Center

☎ 415-600-0600. *Davies Campus*
415-600-3333. *Pacific Campus*

Kaiser Permanente

☎ 415-833-4265
415-833-3304

San Francisco General Hospital

☎ 415-206-8111
415-206-8383

St. Luke's Hospital

☎ 415-641-6625

St. Mary's Medical Center

☎ 415-750-5700

UCSF

☎ 415-353-1037

BEHAVIORAL HEALTH PLANS

Human Affairs International
(Aetna) ☎ 800-756-7039 or 800-323-9930.

Blue Cross ☎ Member Services number on back of ID card or 800-777-6000.

United Behavioral Health (Blue Shield) ☎ Member Services number on back of ID card or 877-235-6855.

Cigna ☎ 800-866-6534, press 0 for operator, ask for intake department.

MHN Managed Health Network
(Health Net) ☎ 888-426-0030.

Kaiser Permanente
☎ 415-833-2292

PacifiCare ☎ 800-999-9585

SF Mental Health Plan
☎ 415-255-3737 or 888-246-3333