



Suicide assessment (quiz)

Perhaps you or a loved one has felt depressed and has had thoughts of suicide. A suicide assessment is used to find out whether a person is at risk for a suicide attempt. Take a few minutes to place a checkmark next to the statements with which you agree.

	Yes	No
1. Have you ever felt so bad that you thought you would like to go to sleep and never wake up?	<input type="radio"/>	<input type="radio"/>
2. Have you ever felt so bad that you thought you would be better off dead?	<input type="radio"/>	<input type="radio"/>
3. Have you ever thought that you are a burden on your family and friends or that your family and friends would be better off without you?	<input type="radio"/>	<input type="radio"/>
4. Has someone close to you died by suicide?	<input type="radio"/>	<input type="radio"/>
5. Do you notice that you've been drinking more alcohol (or using more drugs) than usual or taking chances that you might not have taken before?	<input type="radio"/>	<input type="radio"/>
6. Have you ever thought about hurting or killing yourself?	<input type="radio"/>	<input type="radio"/>
7. Have you ever tried to hurt or kill yourself?	<input type="radio"/>	<input type="radio"/>
8. Do you ever hear voices telling you to hurt or kill yourself?	<input type="radio"/>	<input type="radio"/>
9. Have you tried to hurt or kill yourself?	<input type="radio"/>	<input type="radio"/>

If you had more "yes" than "no" responses in the columns above, help is available. Contact the National Suicide Prevention Lifeline at 1-800-273-8255 or go to a hospital.

Help is available. For additional information, visit www.MagellanHealth.com/MYMH

Source: Healthwise