



Women's Health Council of RI

GENDER INFORMED SUICIDE RISK ASSESSMENT

A Mnemonic for Risk Assessment: **IS PATH WARM**

- I Suicidal Ideation** Frequency; Duration; Intensity
- S Substance Abuse** 4 or more drinks in a 24 hour period; creating problems in your life?
- P Purposelessness** What are your reasons for living? What keeps you alive?
- A Anxiety** High levels of anxiety, particularly panic attacks
- T Trapped** Perception that life problems have "cornered" the individual
- H Hopelessness** Perception that nothing can make it better
- W Withdrawing** Leave-taking and social disconnection
- A Anger** Outbursts of rage and feelings of injustice
- R Recklessness** Acting in ways that say "I don't care whether I live or die"
- M Mood Changes** Either "mood roller-coaster" or sudden improvement in mood

www.womenshealthcouncil.org

Additional Risk Factors Specific for Women:

- Domestic violence situation
- Trauma/abuse history
- Previous suicide attempts
- Hormonal changes
- Relationship loss

CRISIS LINES

National Suicide Prevention Lifeline

1-800-273-TALK
1-800-273-8255

Samaritans Rhode Island

1-800-365-4044
401-272-4044
www.samaritansri.org

RESOURCES

Note: the resources below are not crisis lines

Rhode Island Council of Community Mental Health Organizations

401-228-2990
www.riccmho.org

American Foundation for Suicide Prevention

www.afsp.org

American Association of Suicidology

www.suicidology.org

Prepared by Women's Health Council of RI and John R. Jordan, PhD
Source: American Association of Suicidology

Additional resources for women are being compiled and will be posted at www.womenshealthcouncil.org