

# Community Suicide Screener

Asking these questions may be uncomfortable but  
Asking **DIRECTLY** is the best way to save a life!



In the past month...	YES	NO
1. Have you wished you were dead or wished you could go to sleep and not wake up?		
2. Have you actually had any thoughts of killing yourself?		
3. Have you thought about how you might do this?		
4. Have you had any intention on acting on these thoughts of killing yourself?		
5. Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?		
In the past three months...		
6. Have you done anything, or started to do anything, or prepared to do anything to end your life? a. Examples: collected pills, obtained a gun, gave away valuables, wrote a will or a suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, ect.		

Receiving a YES to questions 1-3, 6

Make an appointment with a local  
Counseling/Behavioral Health Dept.

**San Juan Counseling**  
435-678-2992

**Utah Navajo Health System**  
435-651-3741

**Any YES must be taken seriously.**

Receiving a YES to questions 4-5

Immediately contact Emergency personnel for care

**SafeUT App** for 24/7 crisis response  
via text or call options

*San Juan Counseling 24/7 crisis*  
435-979-1588 or toll free 1-855-268-6967

*Blue Mountain Hospital*  
435-678-3993

*National Lifeline Call 1-800-273-8255 or Text 741741*

911 or 435911 or 1-800-269-7911

Stay engaged with the person until you make a connection with  
someone who can keep the person safe.