



COLUMBIA PROTOCOL

IN THE PAST MONTH...		RISK LEVEL
①	Have you wished you were dead or wished you could go to sleep and not wake up?	Yellow
②	Have you actually had any thoughts about killing yourself?	Yellow
IF YES TO 2, ANSWER QUESTIONS 3, 4, 5 AND 6. IF NO TO 2, GO DIRECTLY TO QUESTION 6.		
③	Have you thought about how you might do this?	Orange
④	Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?	Red
⑤	Have you started to work out or worked out the details of how to kill yourself? Did you intend to carry out this plan?	Red
ALWAYS ASK QUESTION 6		
⑥	Have you done anything, started to do anything, or prepared to do anything to end your life? Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.	Orange and Red

(ADAPTED FROM COLUMBIA PROTOCOL FOR UNIVERSITIES)

Any **YES** indicates that someone should seek behavioral healthcare.

However, if the answer to 4, 5, or 6 is yes, seek immediate help: **CALL 911** or go to the emergency room, call 1-800-273-8255, text 741741. **STAY WITH THEM** until they can be evaluated.