

**Just Ask.
You Can Save a Life.**



THE COLUMBIA
**LIGHTHOUSE
PROJECT**
IDENTIFY RISK. PREVENT SUICIDE.

**Empowering Schools, Campuses &
Communities to Prevent Suicide & Violence
with *The Columbia Protocol (C-SSRS)*
A Vital Component of School Safety & Community Protection**



**LIGHTHOUSE
PROJECT**
IDENTIFY RISK. PREVENT SUICIDE.

A Vital Component of School Safety: A Few Simple Questions in Everybody's Hands to Prevent Suicide

Suicide is the **#1 cause of death** among **adolescent girls** globally
(WHO)

Suicide is the **#2 cause of death** among U.S. **10-24 year olds**
(CDC, 2016)

Just ask a few questions to find people who need help before it's too late.

What is The Columbia Protocol?

The Columbia is a few simple questions about suicidal thoughts and behavior that empower communities, families and individuals to find people who are at risk and prevent tragedies before they happen. It tells the professor, resident advisor or peer who needs a next step, and provides setting-specific recommendations.

- **Simple:** You can ask as few as two to six questions, with no mental health training required to ask them.
- **Effective:** Experience shows that the scale uniquely identifies those who would otherwise be missed.
- **Efficient:** Use of the scale redirects resources to where they are needed most, preventing unnecessary interventions that are often costly, traumatic, and lead to disengagement from the needed care. The C-SSRS provides evidence-based thresholds to connect those at risk to the right level of care.
- **Free:** It's available at no cost.
- **The Most Evidence-Supported:** The scale originated in a NIMH adolescent suicide attempter treatment study, and generated an unprecedented amount of research that validates the questions.

Regarding the C-SSRS, "We found another big piece of the school shooting puzzle – an antibiotic for suicide. This ... could fundamentally change the game for early identification and intervention."

Ryan Petty, parent of a Marjory Stoneman Douglas High School shooting victim from Parkland, FL


A Critical School Protection Strategy: Going Beyond the Classroom and Counselor's Office

- Properly assessing a person's risk for suicide helps **everyone in the community** determine next steps and save lives.
- The C-SSRS helps to coordinate prevention and crisis response efforts.
- Using a common language provided by the C-SSRS to cope with crisis helps to reduce anxiety in teachers, coaches, first responders and peers.

"If implemented to the extent of its capacity across the country, the Columbia has the potential to keep the 64 million children in our schools safe physically and mentally by helping prevent school violence."

James Shelton, Former Deputy Secretary, U.S. Department of Education

COMMUNITY CARD




**ASK YOUR ATHLETES
CARE FOR YOUR ATHLETES
ESCORT YOUR ATHLETES**

**See Reverse for Questions
that Can Save a Life**

The Columbia
Lighthouse
PROJECT
SCHOOL AND COMMUNITY

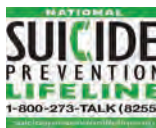
COMMUNITY CARD



**ASK YOUR FRIENDS
CARE FOR YOUR FRIENDS
EMBRACE YOUR FRIENDS**

**See Reverse for Questions
that Can Save a Life**

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SCHOOL AND COMMUNITY

	Past Month
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 about killing yourself?	
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?	
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?	High Risk
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?	High Risk
Always Ask Question 6	Past 3 Months
6) Have you done anything, started to do anything, or prepared to do anything to end your life?	High Risk
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.	
Any YES must be taken seriously. Seek help from friends, family, If the answer to 4, 5 or 6 is YES, immediately ESCORT to Emergency Personnel for care or call 1-800-273-8255 or text 741741 or call 911	
 <p style="font-size: small;">1-800-273-TALK (8255)</p>	<p>DON'T LEAVE THE PERSON ALONE</p> <p>STAY ENGAGED UNTIL YOU MAKE A WARM HAND OFF TO SOMEONE WHO CAN HELP</p>