

Detecting Severely Depressed or Potentially Suicidal Behavior: A Brief Checklist

1. Have you noticed significant changes in the students' overt behavior pattern?
 Performance Eating / sleeping
 Class attendance Use of drugs/alcohol
 Weight gain or loss Time spent with others
2. Have you noticed significant changes in the student's affect (emotional expression)
 Hyperactive Mood Swings
 Withdrawn Anxious, panicked
3. Is the person abusing drugs or alcohol?
4. What is the quality of social relationship for this student
 Lack of close, supportive friends
 Rarely participates in group activities
 Spends little time with others
 Non-supportive family ties
5. Have there been any recent traumatic or stressful events?
 Death of a loved one
 Changes in close relationships (breakup)
 Changes in family relationships
 Poor academic performance
 Serious Illness (AIDS, Cancer...)
 Other events
6. Has the student hinted at suicide or talked about helplessness?
7. Has a close friend or family member of this student committed suicide?
8. Does this student engage in physically dangerous activities?
9. Has the student exhibited increasing concern about death or life after death?
10. Has the student attempted suicide before?

It is often difficult to know when and how to intervene. It may be beneficial to consult with a counselor if you have any questions or concerns related to the student.