

**NATIONAL SUICIDE PREVENTION LIFELINE**  
**CERTIFICATION AND TRAINING SUBCOMMITTEE**  
**Core Principles and Subcomponents of Lethality Assessments**  
**for Networked Centers**  
**6-12-2006**

1. Suicidal Desire
  - a. Suicidal ideation – hurting self and/or others
  - b. Psychological pain
    - i. Hopelessness
    - ii. Helplessness
    - iii. Perceived burden on others
  - c. Feeling trapped
  
2. Suicidal Capability
  - a. History of suicide attempts
  - b. History of/current violence to others
  - c. Available means of hurting self/other
  - d. Currently intoxicated
  - e. Substance abuse
  - f. Acute symptoms of mental illness
    - i. Recent dramatic mood change
    - ii. Out of touch with reality
  - g. Extreme agitation/Rage
    - i. Increased anxiety
    - ii. Decreased sleep
    - iii. Recent acts and/or threats of aggression
  
3. Suicidal Intent
  - a. Attempt in progress
  - b. Plan to hurt self/other (e.g., method known)
  - c. Preparatory behaviors
  - d. Expressed intent to die
  
4. Buffers/Connectedness
  - a. Immediate supports
  - b. Social supports
  - c. Planning for the future
  - d. Engagement with helper (telephone worker)
  - e. Ambivalence for living
  - f. Core values/beliefs
  - g. Sense of purpose