



LEARN Steps to Suicide Prevention: Quick Reference Sheet

STEPS	BASIC	ADVANCED
Look	<ul style="list-style-type: none">• Warning signs (feelings, situations, behaviors)• Risk factors (health, environmental, personal)• Screening basics (PHQ-2, PHQ-9)	<ul style="list-style-type: none">• Routine screening (PHQ-2, PHQ-9)• Special populations (pediatric, veteran, pregnant & post-partum women)
Empathize & Listen	<ul style="list-style-type: none">• Suicidal mind• Empathy and reflective listening• No judgment	<ul style="list-style-type: none">• Practice expressing empathy• Practice listening
Ask & Assess	<ul style="list-style-type: none">• Ask directly about suicide• Contextualize the question	<ul style="list-style-type: none">• Assessment (Columbia-Suicide Severity Rating Scale, SAFE-T)• Assign level of risk• Considerations for special populations
Remove Danger & Plan for Safety	<ul style="list-style-type: none">• Remove the danger• Restrict access	<ul style="list-style-type: none">• Practice planning for removal of means• Safety planning
Next Steps to Continuous Care	<ul style="list-style-type: none">• Crisis resources (such as National Suicide Prevention Hotline, 1-800-273-8255)• Continuity of care	<ul style="list-style-type: none">• Referring for hospitalization and mental health treatment• Caring contacts• Treatment interventions• Protocol development and