

# Suicidal Ideation Scale

Name: Jessica Winnings

Date: March 08, 2023

*Always ask questions 1 and 2*

1. Have you wished you were dead or wished you could go to sleep and not wake up?

Yes

2 weeks ago

2. Have you actually had any thoughts about killing yourself?

Yes

2 weeks ago

**Notes:**

The recent events in my life have been very complicated and out of control which puts me to a rabbit hole. I can no longer control my life and it has been very hard to just exist.

*If YES to 2, ask questions 3, 4, 5 and 6. If NO to 2, skip to question 6*

3. Have you been thinking about how you might do this?

Yes

Last month

4. Have you had these thoughts and had some intention of acting on them?

Yes

Last Month

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?

No

**Notes:**

There's no specific plan or action to proceed with this thought. I just want to be unalive and not exist. I was looking for ways but never arrived to an actual plan.

*Always Ask Question 6*

6. Have you done anything, started to do anything, or prepared to do anything to end your life?

If you answered Yes, please provide a description of what you have done in full detail. You may also refer to the following examples:

Took pills but didn't swallow any, held a gun but someone grabbed it from you, went to the roof but didn't jump, gave your things away, etc.

Took pills but didn't swallow any.

**Notes:**

It was hard to me to arrive at that moment last week but I am not able to do it. Something holds me back.

If you answered YES in questions 1 and 2, we strongly recommend that you seek help from Mental Health Professionals (Psychologists, Psychiatrists, or Counselors) for additional evaluation.

If you answered YES in questions 4, 5 or 6, please seek immediate help: Call or text 988, call 911, or go to the emergency room.

For mental health practitioners, if you are with the patient, **STAY WITH THEM** until they receive a proper evaluation.

# Beck Scale For Suicidal Ideation Questionnaire

**J Elliott**



**Beck Scale For Suicidal Ideation Questionnaire:**

Delve into the emotional tapestry woven by in Dive into the Emotion of **Beck Scale For Suicidal Ideation Questionnaire** . This ebook, available for download in a PDF format ( Download in PDF: \*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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