

SUICIDE RATING SCALE

<p>I AM EXTREMELY TRIGGERED. I DON'T WANT TO LIVE. I WILL GO HOME AND KILL MYSELF TODAY. I DO HAVE A PLAN AND WILL FOLLOW THROUGH</p>
<p>I AM ON THE EDGE OF WANTING TO FOLLOW THROUGH WITH ENDING MY LIFE. I DO HAVE A PLAN, AND I DON'T KNOW IF I CAN KEEP MYSELF SAFE. I NEED EXTRA HELP RIGHT NOW (I JUST WANT TO DISAPPEAR)</p>
<p>I KEEP GETTING MORE THOUGHTS. I DON'T FEEL SAFE BY MYSELF, BUT I DON'T HAVE A PLAN OR ANY THOUGHT OF FOLLOWING THROUGH WITH KILLING MYSELF (I DON'T WANT TO BE HERE RIGHT NOW)</p>
<p>OCCASSIONAL THOUGHTS OF SUICIDE, NO PLAN, I WON'T FOLLOW THROUGH,</p>
<p>NO THOUGHTS OF SUICIDE, BUT SOME THOUGHTS OF SELF HARM</p>

5

4

3

2

1