



SAD PERSONS Scale

The following is an assessment tool used to determine the risk of an individual for suicide. Each area is a risk factor for suicide. The theory is that the more areas that an individual fits into, the higher the risk the individual would be considered.

- S **SEX:** Females are more likely to attempt suicide, but males are more likely to choose a more fatal means.
- A **AGE:** 15-24 year olds or men ages 75+ are high risk groups.
- D **DEPRESSION**

- P **PREVIOUS ATTEMPT**
- E **ETHANOL AND OTHER DRUG ABUSE**
- R **RATIONAL THINKING LOSS**
- S **SOCIAL SUPPORT LACKING**
- O **ORGANIZED PLAN:** The more specific the greater the risk.
- N **NO SPOUSE/SIGNIFICANT OTHER**
- S **SICKNESS**

If you or anyone you know is considered a risk factor, seek help!

Visit <http://www.suicidepreventionlifeline.org/> or call (800) 273-8255