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