

CALM Conversations Quick Reference Guide

1

Recognize Warning Signs

- Changes in behavior, including:
 - Negative mood/emotional state; Hopelessness
 - Loss of interest/withdrawal from social activities/friends/family
 - Sleep problems
- Major life changes, including:
 - Illness, loss of someone close, relationship difficulties
 - Legal trouble, job loss, loss of status
 - Changes in residence, marital status, parental status, substance use

Note: This list is not exhaustive. Listen to your gut. When in doubt, ask!

2

Ask about Mood and Suicide

- Express your concern for their well-being, and be specific:
 - *“Because of X, Y, Z, I’m worried about you. What’s been going on?”*
- Ask about suicide as directly as possible
 - *“Are you thinking about suicide?”*

3

Connect the Person to Support

- Don’t worry alone; enlist the help of others!
 - Informal sources of support: increasing time with friends and family, identifying a “go-to” person, creating a list of stress-reducing activities/distractions
 - Formal sources of support: Counseling, medication, spiritual support
- **Call 988 for help!**

4

Focus on Increasing Safety of Firearm & Medication Storage

- Explore access to firearms and medications
 - Focus on increasing safety – not judgements regarding firearms, drugs or trust
- Discuss options for out-of-home or more secure in-home storage
 - Emphasize **safety, choice, and temporariness** of secure storage of firearms
 - *“Can we think about steps to keep you safe until things get better?”*
 - Limit access to medications to only what is needed immediately
 - Dispose of unneeded medications, store the rest in a lockbox.
- Be creative- **any steps that put time and distance between an at-risk person and lethal means of suicide can save a life!**