

Suicide Quiz — General Employee Training

Name: _____

SSN (Last 4) _____

Department: _____

True/False: For each statement below, circle "True" or "False"

True False	1. If someone is thinking about suicide, asking them about it can cause them to do it.
True False	2. Of those who commit suicide, 75% give clues/warnings to friend or family.
True False	3. Both of the following are examples of warning signs that the person may be thinking about suicide: a) Giving away prized possessions; b) Saying inappropriate good-byes & thanks.
True False	4. Most suicidal people are depressed, but the depression is often unnoticed.
True False	5. Alcohol and drug use have no effect on suicide risk.
True False	6. Suicide is usually a "crisis superimposed on a behavioral disorder" (like depression).
True False	7. Rather than being "sad," the depressed person can have "loss of pleasure" or "irritability."

Multiple Choice: For each statement below, circle the best answer:

- 1) Suppose that you suspect that a friend or loved one may be suicidal. Which of the following is NOT something you should do:
 - a) Let them know you care & understand.
 - b) Tell them not to worry about it.
 - c) Ask if they have a specific plan.
- 2) Suppose you answered the phone here at work, and the patient said they were suicidal. What would be a good "first reply?"
 - a) I need to get some information, Sir. Could you please give me your name & last four?
 - b) Please wait while I connect you to someone who can help you.
 - c) You did the right thing by calling. We can help you through this.

Answer Key: General Employee Suicide Quiz

True/False: Correct answer shown in **bold underline**.

<i>Answer:</i>	<i>Question:</i>
True <u>False</u>	1. If someone is thinking about suicide, asking them about it can cause them to do it.
<u>True</u> False	2. Of those who commit suicide, 75% give clues/warnings to friend or family.
<u>True</u> False	3. Both of the following are examples of warning signs that the person may be thinking about suicide: a) Giving away prized possessions; b) Saying inappropriate good-byes & thanks.
<u>True</u> False	4. Most suicidal people are depressed, but the depression is often unnoticed.
True <u>False</u>	5. Alcohol and drug use have no effect on suicide risk.
<u>True</u> False	6. Suicide is usually a "crisis superimposed on a behavioral disorder" (like depression).
<u>True</u> False	7. Rather than being "sad," the depressed person can have "loss of pleasure" or "irritability."

Multiple Choice: Correct answer shown as **bold underline**

- 3) Suppose that you suspect that a friend or loved one may be suicidal. Which of the following is NOT something you should do:
- Let them know you care & understand.
 - Tell them not to worry about it.**
 - Ask if they have a specific plan.
- 4) Suppose you answered the phone here at work, and the patient said they were suicidal. What would be a good "first reply?"
- I need to get some information, Sir. Could you please give me your name & last four?
 - Please wait while I connect you to someone who can help you.
 - You did the right thing by calling. We can help you through this.**