



Those Who  
Desire Suicide

D  
i  
s  
t  
a  
l

Perceived  
Burdensomeness

Those Who Are  
Capable of Suicide

F  
a  
c  
t  
o  
r  
s

Thwarted  
Belongingness

Serious Attempt or Death by  
Suicide

# Prevention/Treatment Implications

- The model's logic is that prevention of "acquired ability" OR of "burdensomeness" OR of "thwarted belongingness" will prevent serious suicidality.
- Belongingness may be the most malleable and most powerful.

1-800-273-TALK

[Suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

# Prevention/Treatment Implications

- Caring follow-up.
  - caring letters/texts.

# Prevention/Treatment Implications

- CBT -> burdensomeness and low belonging.

## Distillation of Risk Factors

- Talking about/planning suicide (*safety planning/VIP*)
- Agitation (*low-dose risperidone, “haldol mist;” benzos/atyp/B-52, cautiously; relaxation; exercise*)
- Insomnia (*sleep hygiene*)
- Nightmares (*imagery rehearsal; prazosin*)
- Marked social withdrawal (*list of 300*).
  - Motivational Interviewing