

**Suicide Awareness/Prevention
Post-test**

Please answer true/false to each question. The answer key is at the end. Print out and sign the answer sheet/key, and hand in as proof of completion.

1. Overall, suicide is the 11th leading cause of death for all Americans, and is the third leading cause of death for young people aged 15-24.
2. The group of personnel at most risk for suicide in the Air Force are females between the ages of 30 and 45; they are usually single, recently separated, divorced, or widowed; have trouble with more than one of the following: relationships, substance abuse, finances, or legal issues.
3. Eight out of ten people who kill themselves give no warning or clue to others.
4. Warning signs of suicide :

Drastic changes in behavior or personality

A recent severe loss (such as relationship) or threat of a loss

Loss of interest in personal appearance

Increased use or abuse of alcohol

5. How to Help Someone that is Suicidal

Ask directly if they are suicidal

Talk openly and freely about suicide

Be willing to listen without judgment

Don't lecture on the value of life

Don't ask "why", it could encourage defensiveness

Answer Sheet/Key

1. True/False
2. True/False
3. True/False
4. a – True/False
b – True/False
c – True/False
d – True/False
5. a – True/False
b – True/False
c - True/False
d – True/False
e – True/False

I have completed the Suicide Awareness/Prevention Training Module

Print name and signature

Date

Key: 1- T, 2 – F, 3 – F, 4a – T, b – T, c – T, d – T, 5a – T, b – T, c – T, d – T, e – T