

# Suicide WayFinder Scoring Sheet

Between 16-24     Over 65     LGBTQ+     Disabled or Chronic Illness     Veteran     First Responder

 Statement	 Treatment	 Hopelessness	 Depression	 Isolation
 Self-Injury <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 Self-Concept <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 Impulsivity <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 Substance Use/Abuse <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 Eating/Sleeping <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 Loss or Bereavement <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 Adjusting to Change <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 Bullied/Teased <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 Lethality Access <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 Previous Attempts <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Do they have friends, coworkers, or family members who support them?

yes     no     unsure

If they have talked about killing themselves, was there something specific that kept them from going through with it?

yes     no     unsure

Do they have things in their life (e.g., pets, religious beliefs, children left behind) that would keep them from killing themselves?

yes     no     unsure

Do they have hope that things will get better in the future?

yes     no     unsure

Do they have a resilient attitude (or grit) that prevents them from harming themselves?

yes     no     unsure



Factor	Low	Moderate	High
Statement	Not wanting to be around, others worry	Desire to die, little support, SI+	Plan feeling, trapped, lethal access
Self-Injury	Thoughts, hx of cutting, feeling overwhelmed	Frequent desire to cut, vague SI+, despair	Daily, can't stop, SI+, no options
Loss or Bereavement	Loss, sadness, worry, difficulty focusing,	Escalating grief; constant tearfulness	Despair, SI+, poor self-care, escape
Treatment	Previous outpatient, no current, no inpatient	weekly therapy or barriers to access	Sporadic meds, recent inpatient
Self-Concept	Negative, outsider, unhappy looks/friends, sad	Unreceptive, teased, lacks friends,	self-view, dangerous/impulsive
Adjustment to Change	Minor homesickness, sadness, lack of engagement	isolation, poor focus, low energy	Extreme isolation, ultimatums
Hopelessness	Difficulty making friends, sadness, poor support	Failed attempts, explosive, never fit in	Extreme isolation; outsider, SI+
Impulsivity	Unplanned, emotional, reactive, no change	poor focus, conflicts+, worsen anger	Discipline/conduct/legal, menacing
Bullied/Teased	Picked on, teased, impacting self-worth	Frequent teasing/bullying, fear, isolation	Daily teasing impacts life, SI+
Depression	Trouble eating/sleeping, lack energy, chronic sadness	Frequent eating/sleep, withdrawal, SI+	Care for self-, SI+, inability to act
Substance Use/Abuse	Experimental use, friends/family express worry	Frequent use, growing difficulty with life	Legal, conduct/police can't stop
Lethality Access	limited weapons, could obtain a weapon	obtain guns, ability/knowledge, likely	Multiple firearms, tactics/practice
Isolation	Difficulty making friends, sadness, poor support	Failed attempts, explosive, never fit in	Extreme isolation; outsider, SI+
Eating/Sleeping	Poor appetite/sleep, worry/concern, overeating	Sleep/eat all-consuming, missing classes	All encompassing, hopeless, SI+
Previous Attempts	SI+ w/o plan, hints about attempt, non-lethal	Detailed planning, lethal means	Multiple attempts, lethal

**Do they have friends, coworkers, or family members who support them?**

- Yes: Presence of social support, a major protective factor. Assess the *quality and accessibility* of that support.
- No: Suggests *social isolation* or lack of trust in others. Increases vulnerability, especially if paired with hopelessness or past rejection.
- Unsure: Often reflects *ambivalence*; they may have people, but doubt those individuals would help or understand.

**If they have talked about killing themselves, was there something specific that kept them from going through with it?**

- Yes: Reflects *perceived belonging*, a major protective factor. Indicates emotional connection and empathy.
- No: Suggests *thwarted belonging*, the person feels invisible or disconnected. Assess for self-hate or hopelessness.
- Unsure: Implies cognitive distortion or emotional numbing; may still have supports but cannot feel connected.

**Do they have things in their life (e.g., pets, religious beliefs, children left behind) that would keep them from killing themselves?**

- Yes: Signifies *purpose and future orientation*, a strong stabilizing factor. Explore if responsibilities increase or reduce pressure.
- No: Indicates a *loss of meaning*, absence of purpose amplifies risk. Assess if life stressors have stripped away identity roles.
- Unsure: Suggests ambivalence about meaning, often seen in depressive states, assess motivation and clarity for impairment or absence.

**Do they have hope that things will get better in the future?**

- Yes: Indicates hope and cognitive flexibility, a core protective mechanism. Suggests internal motivation for safety planning.
- No: Reveals entrenched hopelessness and cognitive rigidity, one of the most reliable predictors of suicide.
- Unsure: Reflects ambivalence and emotional exhaustion; they may intellectually know improvement is possible, but cannot feel it emotionally.

**Note:** This quick reference sheet is based on the more complete Pathways factors and descriptions available at [www.pathwaystriage.com](http://www.pathwaystriage.com). This document is intended as a quick reference and memory aid for those already familiar with the Pathways system.

**Abbreviation Key:** hx = history, SI+ = indicated presence of suicidal ideation, LE = Law enforcement, BOLD = Factors that the subject is experiencing from others