

Quiz to Article “Nurse Suicide Prevention Starts with Crisis Intervention”

1. Suicide rates are higher in nurses than in the general population? True or False
true

2. Name 3 factors that place nurses at risk for suicide:

- a. Chronic pain
- b. Depression
- c. feeling out of place

3. What atmosphere is necessary to decrease the stigma about mental health and wellness amongst nurses?

An atmosphere of empathy and acceptance and the message that it's okay not to be okay.

4. Name 3 crisis warning signs:

- a. Acting anxious, agitated, or unusually angry
- b. Extreme mood swings
- c. Giving away belonging

5. According to the article, what is the most important thing you can do for a colleague you suspect is at risk for suicide?

The most important thing is to start a conversation. Empathy makes a powerful connection to reduce the risk of loneliness.