



IS PATH WARM-FRAMEWORK FOR SUICIDE AWARENESS

Scenario: A group member mentioned that a community contact committed suicide around ten days ago. Is the path warm gives a framework to chart issues.

I- Ideation S- Substance Abuse P -Purposelessness A- Anxiety T-Trapped

H-Hopelessness W-withdrawal A-Anger R-Recklessness M-Mood swings

Letter	Warning Sign	Manifestation in This Scenario
I	Ideation	
S	Substance Abuse	
P	Purposelessness	
A	Anxiety	

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T	Trapped	
H	Hopelessness	
W	Withdrawal	
A	Anger	
R	Recklessness	
M	Mood Changes	

Letter	Warning Sign	Manifestation in This Scenario
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I	Ideation	With a friend's recent suicide (2 weeks ago), combined with multiple stressors, this individual may be experiencing suicidal thoughts or preoccupation with death.
S	Substance Abuse	Porn addiction as a compulsive behavior used to cope with emotional pain, stress, and loneliness. This can function similarly to substance abuse in providing temporary escape.
P	Purposelessness	Unemployment creates lack of daily structure and purpose. Immigrant status may compound feelings of not belonging or having a meaningful role in society.
A	Anxiety	Anxiety about finding employment, caring for a family member with neurological disease, financial stress, and relationship difficulties (hesitation to relate to female partners).
T	Trapped	Feeling trapped by immigrant circumstances, unemployment, family caregiving responsibilities, and the cycle of porn addiction. Limited options may feel overwhelming.
H	Hopelessness	Friend's recent suicide may create despair about things ever improving. Multiple ongoing challenges (job, family health, addiction) can make future seem bleak.
W	Withdrawal	Social isolation due to shame about porn addiction, grief over friend's death, or depression. May withdraw from support systems when most needed.

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A	Anger	Anger at circumstances, self (for addiction), the healthcare system (family member's disease), or the friend who died by suicide. May be internalized or expressed indirectly.
R	Recklessness	Could manifest in risky sexual behaviors online, neglecting self-care, or other impulsive actions as a way to numb emotional pain.
M	Mood Changes	Significant mood swings due to grief, stress, addiction cycles, and hormonal/neurochemical effects of compulsive porn use and depression.

References

American Association of Suicidology. (n.d.). *IS PATH WARM? Suicide assessment framework*.
<https://www.suicidology.org/is-path-warm>

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