

Suicide Risk Assessment  
RISK CATEGORIES

**LOW:**

- A person with no identifiable suicidal symptoms
- A multiple attempter with NO other risk factors OR
- A non-multiple attempter with suicide ideation of limited intensity and duration, no or mild symptoms of the Resolved Plans and Preparation factor AND no or few other risk factors

**What to do if no current suicidal ideation:**

- *Tell the client a variant on the following: “In the event that you begin to develop suicidal feelings, here’s what I want you to do: First, use the strategies for self-control that we will discuss, including seeking social support. Then, if suicidal feelings remain, call [the emergency call person]. If, for whatever reason, you are unable to access help, or, if you feel that things just won’t wait, call 9-1-1 or go to the ER.”*
- *Give emergency numbers: including 1-800-273-TALK*
- *Continue to monitor risk in subsequent sessions (in case severity changes).*
- *Document activities in progress notes*

**What to do if there is current suicidal ideation:**

- Give emergency numbers
- Create a coping card (a crisis response plan)
- Symptom-matching hierarchy
- Document activities in progress notes

**MODERATE:**

- A multiple attempter with any other notable finding OR
- A non-multiple attempter with moderate to severe symptoms of the Resolved Plans and Preparation factor OR
- A non-multiple attempter with moderate to severe symptoms of the Suicidal Desire and Ideation factor (but mild or no Resolved Plans and Preparation) AND at least two other notable risk factors

**What to do:**

- *Give emergency numbers*
- *Create a coping card (a crisis response plan)*
- *Symptom-matching hierarchy*
- *Consider mid-week phone check-in’s*
- *Inform about existence of adjunctive treatments (e.g., medication)*
- *Increase social support:*
  - *Encourage client to seek support from friends/family;*
  - *Plan with client for someone to check-in on him/her regularly;*
  - *Get client’s permission for you to contact the person who will be checking-in*
- *Document activities in progress notes*

<b>[Severe]</b>	<b>HIGH</b>	<b>[Extreme]</b>
-----------------	-------------	------------------

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• A multiple attempter with <u>any</u> two or more other notable findings, OR</li> <li>• A non-multiple attempter with moderate to severe symptoms of the Resolved Plans and Preparation factor and at least one other risk factor</li> </ul> | <ul style="list-style-type: none"> <li>• A multiple attempter with severe symptoms of the Resolved Plans and Preparation factor, OR</li> <li>• A non-multiple attempter with severe symptoms of the Resolved Plans and Preparation factor and two or more other risk factors</li> </ul> |
|--|---|

**What to do:**

- ***CONSULT a supervisor***
- *Consider emergency mental health options with supervisor*
- *Client should be accompanied and monitored at all times*
- *If hospitalization is not warranted, use steps from “moderate” category*
- *Document activities in progress notes*