

SUICIDE RISK ASSESSMENT			
**DANGER SIGNS**			
Talking about Suicide Social withdrawal	Agitation Weight loss	Insomnia Marked Irritability	Nightmares Extreme emotional states (e.g. rage)
Assess Suicidal DESIRE and IDEATION	Assess RESOLVED PLANS and PREPARATIONS	Assess OTHER SIGNIFICANT FINDINGS	
<ul style="list-style-type: none"> <li>Have you been having thoughts or images of suicide (thoughts of images of killing yourself)? Tell me about that.</li> <li>Do you think about wanting to be dead?</li> <li><b>THWARTED BELONGINGNESS:</b> Do you feel connected to other people? Do you live alone? Do you have someone you can call when you are feeling bad? (Are supporting relationships completely absent?)</li> <li><b>PERCEIVED BURDENSOMENESS:</b> Sometimes people think, “The people in my life would be better off if I were gone.” Do you think that?</li> </ul>	<ul style="list-style-type: none"> <li><b>Duration</b> (look for pre-occupation): When you have these thoughts, how long do they last?</li> <li><b>Intensity:</b> How strong is your intent to kill yourself? 0 = not intense at all, 10 = very intense.</li> <li><b>Past suicidal behavior:</b> Have you attempted suicide in the past? How many times? Methods used? What happened (e.g., admitted to hospital?). Non-suicidal self-injury? Family history?</li> <li><b>Specified plan</b> (look for vividness, detail): Do you have a plan for how you would kill yourself?</li> <li><b>Means and opportunity:</b> Do you have the pills (or a gun, etc.)? Do you think you’ll have an opportunity to do this?</li> <li>Have you made preparations for a suicide attempt (e.g., buying pills)</li> <li>Do you know when you expect to use your plan?</li> <li><b>Fearlessness:</b> <b>Thinking about suicide, do you feel afraid?</b> 0 = very afraid; 10 = not afraid at all</li> </ul>	<ul style="list-style-type: none"> <li><b>Precipitant Stressors:</b> Has anything especially stressful happened to you recently? (e.g., death of a loved one, divorce, major break-up, job loss)?</li> <li><b>Hopelessness:</b> Do you feel hopeless?</li> <li><b>Impulsivity:</b> When you are feeling badly, how do you cope? Sometimes when people feel badly, they do impulsive things to feel better. Has this ever happened to you? (e.g., cutting your skin, drinking alcohol, running away, binge eating, promiscuous sex, physical aggression, or shoplifting)?</li> <li><b>Presence of psychopathology:</b> (rated by interviewer)</li> </ul>	
<b>Depressive Symptom Index – Suicidality Subscale</b> <b>Acquired Capability Scale (ACSS)</b> <b>Interpersonal Needs Questionnaire (INQ)</b>			
**RISK CATEGORY**			
LOW	MODERATE	SEVERE	EXTREME
<b>ACTIONS TAKEN:</b> <ul style="list-style-type: none"> <li>Continue to monitor regularly</li> <li>Given Emergency numbers</li> <li>Scheduled mid-week phone check-in</li> </ul>		<ul style="list-style-type: none"> <li>Provided info about adjunctive treatment</li> <li>Coping Card/Safety Plan</li> <li>Consulted Supervisor</li> <li>Other</li> </ul>	