

## SUICIDE RISK QUESTIONS

WHAT TO ASSESS	SUGGESTED QUESTIONS
1. Suicidal plan- seriousness and reversibility	<ul style="list-style-type: none"> <li>● have you thought about killing/hurting yourself?</li> <li>● what will you do to take your own life?</li> <li>● how easily available are the means? when will you do this?</li> <li>● how much do you want to die?</li> <li>● is there anyone or anything to stop you?</li> <li>● Have you thought of asking for help?</li> </ul>
2. Previous attempts - seriousness and reversibility	<ul style="list-style-type: none"> <li>● have you tried to take your own life before?</li> <li>● when was this? how long ago?</li> <li>● how did you do this? did you plan this? If so, was it a detailed plan?</li> <li>● what sort of preparations did you make to carry out this plan?</li> <li>● why did you want to take your own life in the past?</li> </ul>
3. Stress -	<ul style="list-style-type: none"> <li>● what has been happening in your life recently?</li> <li>● explore reasons for choosing suicide</li> <li>● what has made you feel so awful?</li> <li>● what are the pressures on you at the moment?</li> <li>● what was the 'last straw' for you? why do you want to take your own life?</li> </ul>
4. Symptoms a) coping behaviour	<ul style="list-style-type: none"> <li>● do you think about other things than killing/hurting yourself?</li> <li>● how easy is it to stop thinking about killing/hurting yourself?</li> <li>● how are you feeling at the moment?</li> <li>● how long have you been feeling this way?</li> <li>● what do you think might help change how you are feeling?</li> <li>● what have you done in the past to help yourself cope with problems?</li> </ul>
5. Resources	<ul style="list-style-type: none"> <li>● who are the important people in your life?</li> <li>● how available to you are they?</li> <li>● how much can (do) they help you? would you be willing to let them help you?</li> <li>● who would you like to have with you now?</li> <li>● who would you like to save you?</li> </ul>
6. Communication Aspects (degree of suicidal planning - motivation and intent)	<ul style="list-style-type: none"> <li>● how long have you been thinking about taking your own life for?</li> <li>● how often do you think about this?</li> <li>● how long do these feelings last?</li> <li>● how strong is this feeling? who else have you talked to about killing/hurting yourself?</li> </ul>
7. Lifestyle	<ul style="list-style-type: none"> <li>● is there anyone special in your life, and if not, has there been recently?</li> <li>● how would you describe yourself to someone?</li> <li>● describe what school has been like for you recently</li> <li>● describe what your home life has been like for you recently</li> <li>● are you taking drugs?</li> <li>● are you taking alcohol?</li> </ul>

(Adapted from Coggan, 1996)

