Suicide Risk Assessment Summary Sheet

Instructions: When a student acknowledges having suicidal thoughts, use as a checklist to assess suicide risk. Items are listed in order of importance to the Risk assessment.

		Risk present, but lower	Medium Risk	Higher Risk
1.	Current Suicide Plan			
	A. Details	Vague.	Some specifics.	Well thought out.
	B. How prepared	Means not available.	Has means close by.	Has means in hand.
	C. How soon	<u>No specific time.</u>	Within a few days or hours.	Immediately.
	D. How (Lethality of method)	Pills, slash wrists.	Drugs/alcohol, car wreck	Gun, hanging, jumping.
	E. Chance of intervention	Others present most of the time.	Others available if called upon.	<u>No one nearby; isolated.</u>
2.	Pain	Pain is bearable.	Pain is almost unbearable.	Pain is unbearable.
		Wants pain to stop, but not	Becoming desperate for relief.	Desperate for relief from pain.
		desperate.		
		Identifies ways to stop the pain.	Limited ways to cope with pain.	Will do anything to stop the pain.
3.	Resources	Help available; student	Family and friends available, but are	Family and friends are not available
		acknowledges that significant others	not perceived by the student to be	and/or are hostile, injurious, exhausted
		are concerned and available to help.	willing to help.	
4.	Prior Suicidal Behavior of			
	A. Self	<u>No prior suicidal behavior.</u>	One previous low lethality attempt;	One of high lethality, or multiple attempts
			history of threats.	of moderate lethality.
	B. Significant Others	No significant others have engaged	Significant others have recently	of moderate femality.
		in suicidal behavior.	attempted suicidal behavior.	Significant others have recently
				committed suicide.
5.	Mental Health	History of mental illness, but not	Mentally ill, but currently receiving	Mentally ill and not currently receiving
		currently considered mentally ill.	treatment.	treatment.
	A. Coping behaviors	Daily activities continue as usual	Some daily activities disrupted;	<u>Gross disturbances in daily functioning.</u>
		with little change.	disturbance in eating, sleeping, and	
			schoolwork.	
	B. Depression	Mild; feels slightly down.	Moderate; some moodiness,	Overwhelmed with hopelessness, sadness,
			sadness, irritability, loneliness, and	and feelings of helplessness.
			decrease of energy.	
	C. Medical status	<u>No significant medical problems.</u>	Acute, but short-term, or	<u>Chronic debilitating</u> , or acute
			psychosomatic illness.	catastrophic, illness.
	D. Other Psychopathology	Stable relationships, personality, and	Recent acting-out behavior and	Suicidal behavior in unstable personality;
		school performance.	substance abuse; acute suicidal	emotional disturbance; repeated difficulty
			behavior in stable personality.	with peers, family, and teacher.
6.	Stress	No significant stress.	Moderate reaction to loss and	Severe reaction to loss or environmental
			environmental changes.	changes.
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