

IMMINENT SUICIDE RISK ASSESSMENT WORKSHEET:

(SW edit with CSSRS 05.29.18)

1. ***Y N Wish to be dead***
2. ***Y N Suicide thoughts***
3. ***Y N Suicide thoughts with intent to act***
4. ***Y N Suicide thoughts with intent to act and method***
5. ***Y N Suicidal thoughts with planning and/or preparation.***
6. ***Y N Suicide note written or in progress.***
7. Y N Methods available or easily obtained.
8. Y N Talks about being a burden to others
9. Y N Precautions against discovery/intervention; deception/concealment about timing, place, etc.
10. Y N Indirect references to own death, arrangements for death.
11. **Y N History of deliberate self-harm under very similar precipitating circumstances.**
12. Y N Past 4 weeks/Recent: disruption/crisis and/or loss of interpersonal relationship; negative environmental changes, recent psychiatric hospital discharge
13. Y N Preoccupation with anticipated loss/major life stressor
14. Y N Isolation, alone; currently or will be
15. Y N Indifference/dissatisfaction with therapy/treatment
16. Y N Recent medical care.
17. Y N Recent Diagnosis of chronic &/or life threatening physical illness
18. Y N Recent Diagnosis of a mental disorder; (e.g. schizophrenia, depression, anxiety)
19. Y N Abrupt clinical change, either negative or positive.
20. Y N Current severe, hopelessness, pessimism/anger, or both.
21. Y N Depressive turmoil, severe anxiety, panic attacks, severe mood cycling.
22. Y N Escalating agitation, anxiety, or restlessness
23. Y N Global insomnia/sleeping too little OR sleeping too much
24. Y N Severe anhedonia.
25. Y N Diminished concentration, indecision.
26. Y N Command hallucinations urging suicide
27. Y N Alcohol consumption.
28. Y N Drug use.
29. Y N Motivated to under-report or lie about risk

PROTECTIVE FACTORS:

1. Y N Hope for the future
2. Y N Self-efficacy in problem area
3. Y N Attachment to life
4. Y N Responsibility to children, family, pets, others
5. Y N Embedded in a protective social/family network
6. Y N Attached to therapist, counselor, trusted service provider
7. Y N Fear of suicide, dying, death, or no acceptable method available
8. Y N Fear of social disapproval of suicide
9. Y N Belief suicide is immoral or will be punished
10. Y N Highly spiritual &/or religious
11. Y N Commitment to live, history of taking commitments seriously, reason to trust this commitment
12. Y N Motivated to over-report risk
13. Y N Other

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