

WORKSHEET FOR MANAGING IMMINENT SUICIDE RISK: (ED version SW 061518)

1. **ASSESS! : Do (in a crisis...brief behavioral chain analysis)** Assess Behaviors/information that precipitated risk assessment (identify events, formulate and summarize the problem with the client)
2. **Focus on Problem Solving:**
 - _____ Emphatically instruct not to suicide or deliberate self-harm;
 - _____ Give advice and make direct suggestions (offer skills suggestions);
 - _____ Clarify and reinforce adaptive responses by the client;
 - _____ Identify factors interfering with productive plans of action.
3. **Address Environmental High Risk Factors:**
 - _____ Remove or convince the client to remove availability of lethal means;
 - _____ Remove or counteract effects of modeling of suicidal behaviors;
 - _____ Increase social support (maintain contact with client, communicate to network);
 - _____ Remove or reduce stressful/prompting events.
4. **Address Behavioral High Risk Factors and Highlight Protective Factors :**
 - _____ Pay attention to affect/current emotion rather than content (focus on affect tolerance);
 - _____ Address function rather than meaning of current ideation/ruminations;
 - _____ Consider short term biologic treatment (especially for insomnia, severe agitation/panic, psychotic processes)
 - _____ Generate hope and reasons for living.
 - _____ Address cons of suicide.
5. **Develop and Commit to a Plan of Action**
6. **Anticipate a Recurrence of the Crisis Response.**
7. **Re-assess Suicide Potential**