

SUICIDE ASSESSMENT

I. Assess whether or not the person is considering suicide and how seriously they are considering it by asking the following questions

- A. "Are you having thoughts of hurting/killing yourself?" or "Are you thinking about death a lot?"
1. How long have you been thinking about it?
 2. How often do you think about it?
- B. "Do you have a plan to kill yourself?"
1. How would you do it?
 2. When would you do it?
- C. "Do you have the means to do it? (i.e. Do you have a gun , knife, etc.?)

II. Once you have established that the person is considering suicide, assess other risk factors by asking about the following:

- A. "Are you feeling depressed?"
1. Note any changes in sleep, appetite, energy, concentration, and enjoyment.
Note feelings of hopelessness, helplessness, worthlessness, and low self-esteem.
 2. How long have you been depressed? (two weeks or more is significant)
- B. "Do you use alcohol or drugs?"
1. What do you use?
 2. How often do you use?
 3. How much do you use?
 4. ARE YOU INTOXICATED RIGHT NOW?
- C. "Have you ever tried to hurt yourself before?"
1. What did you do?
 2. What happened that stopped you?
- D. "Has anyone close to you ever committed suicide?"
1. Who?
 2. When?
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