

|  |       |                                 |
|--|-------|---------------------------------|
| Patient Name:  | Date: | Time:                           |
| Assessment Reason:   | Age:  | Ethnicity:                      |
| Sources of Information: <input type="checkbox"/> Chart <input type="checkbox"/> Patient <input type="checkbox"/> Family/friends: |       | <input type="checkbox"/> Other: |

### Chronic Risk Factors

- |   |   |
|---|---|
| <input type="checkbox"/> Male<br><input type="checkbox"/> Ages 45-54, 85+<br><input type="checkbox"/> Caucasian<br><input type="checkbox"/> Divorced, separated, widowed<br><input type="checkbox"/> Family history of: suicide/attempt, mental illness | <input type="checkbox"/> Child maltreatment<br><input type="checkbox"/> Sexual trauma<br><input type="checkbox"/> Lower education, SES<br><input type="checkbox"/> LGBT<br><input type="checkbox"/> Past self-injury or past suicide attempts |
|---|---|

### Acute Risk Factors

#### Psychological Factors

- Suicide of relative, someone famous, or a peer
- Suicide bereavement
- Loss of loved one (grief)
- Loss of relationship (divorce, separation)
- Loss of status/respect/rank (public humiliation, being bullied or abused, failure work/task)

#### Social Factors

- Stressful Life Events (acute experiences)
  - Breakups and other threats to prized relationships
  - Other events (e.g., fired, arrested, evicted, assaulted)
  - Chronic Stressors (ongoing difficulties)
- Financial Problems
  - Unemployment, underemployment
  - Unstable housing, homeless
  - Excessive debt, poor finances (foreclosure, alimony, child support)
- Legal Problems (difficulties)
  - DUI/DWI, Lawsuit, Criminal offense and incarceration
- Social Support
  - Poor interpersonal relationship (partner, parents, children)
  - Geographic isolation from support
  - Recent change in level of care (discharge from inpatient psychiatry)

#### Medical Conditions

- History of Traumatic Brain Injury
- Terminal disease
- HIV/AIDS
- New diagnosis of major illness
- Having a medical condition
- Worsening of chronic illness
- Intoxication
- Substance withdrawal (alcohol, opiates, cocaine, amphetamines)
- Use of prescribed medication w/ warning for increased risk of suicide
- Chronic pain
- Insomnia
- Function limitation

#### Mental Disorders

- Any mental disorder
- Acute symptoms

#### Access to Lethal Means

- Firearms
- Poison
- Medications

### Protective Factors

#### Social Support System

- Strong interpersonal bonds to family/unit members and community support
- Employed
- Intact marriage
- Child rearing responsibilities
- Responsibilities/duties to others
- A reasonably safe and stable environment

#### Access to Healthcare

- Support through ongoing medical and mental health care relationships
- Effective clinical care for mental, physical and substance use disorders
- Good treatment engagement and sense of the importance of health and wellness

#### Positive Personal Traits

- Help seeking
- Good impulse control
- Good skills in problem-solving, coping and conflict resolution
- Sense of belonging, sense of identity, and good self-esteem
- Cultural, spiritual, and religious beliefs about the meaning and value of life
- Optimistic outlook - Identification of future goals
- Constructive use of leisure time (enjoyable activities)
- Resilience

| Reasons for Living  | Reasons for Dying   |
|---|---|
|   |   |
| Warning Signs   |   |
| I Ideation or behavior<br>S Substance use (esp. if increased)<br>P Purposelessness (no RFL)<br>A Anxiety (agitation, insomnia, nightmares)<br>T Trapped<br>H Hopelessness   | W Withdrawal<br>A Anger (rage, seeking revenge)<br>R Recklessness (risky bx, self-neglect)<br>M Dramatic mood changes (affective cycling) |
| Current Suicidal Thinking, Intent and Behavior  | Past Suicidal Thinking, Intent and Behavior   |
| <input type="checkbox"/> Suicidal ideation (wishes to die, thoughts, debates)<br><input type="checkbox"/> Suicide intent (explicit or implicit, including suicidal bx)<br><input type="checkbox"/> Unbearable mental pain<br><input type="checkbox"/> Hopelessness<br><input type="checkbox"/> A rigid belief that suicide is the only option<br><input type="checkbox"/> Readiness to die by suicide<br><input type="checkbox"/> Over-arousal (insomnia, nightmares, agitation, or severe anxiety) |   |
| Mental Status   |   |
|   |   |
| Risk Estimate   |   |
| Chronic Risk: <input type="checkbox"/> Low <input type="checkbox"/> Moderate <input type="checkbox"/> High  |   |
| Acute Risk: <input type="checkbox"/> Low <input type="checkbox"/> Moderate <input type="checkbox"/> High  |   |
| Justification of Risk Estimate  |   |
|   |   |
| Plan (if acute risk is moderate or high)  |   |
|   |   |
| Signature:  | Date:   |