

Suicide Risk Assessment Checklist

Instructions for completing the Comprehensive Suicide Risk Assessment Checklist:

- 1. Basic Information:** Fill in the client's name and contact information. Include the date of the assessment.
- 2. Risk Factors:** Mark all that apply. Each item in this section represents potential risk factors that may increase the likelihood of a suicide attempt. You'll want to gather this information through a combination of self-reporting from the client, previous medical or psychiatric records, and information from other sources as appropriate and with the client's consent.
- 3. Warning Signs:** Mark all that apply. These represent more immediate signals that the individual may be at risk of suicide. They should be taken very seriously.
- 4. Mental Health Assessment:** This section should be completed based on a comprehensive mental health evaluation. It may include structured diagnostic interviews, psychological testing, and clinical judgment.
- 5. Social and Environmental Assessment:** This involves evaluating the client's living situation, support system, and current or historical exposure to stressful or traumatic events. This will often involve both self-reporting and collateral information from other sources.
- 6. Protective Factors:** This section identifies factors in the client's life that may decrease the risk of suicide. This includes internal factors, like coping skills or a strong sense of responsibility for others, and external factors, like access to mental health care and social support.
- 7. Summary and Action Plan:** Based on the information collected, determine the level of risk. This should be an integrative summary that considers all of the information gathered in the assessment. The action plan will depend on the risk level and should outline the next steps. This might include a referral for mental health treatment, creating a safety plan, scheduling regular follow-ups, or hospitalization in severe cases.

Remember, it's important to revisit and update the assessment over time, as individuals' circumstances and mental states can change. Also, the checklist should not be the sole tool to assess suicide risk. The professional's clinical judgment, knowledge, and understanding of the client should be a major part of any assessment process.

Section	Item	Response
Basic Information		
	Client Name	
	Client Telephone Number	
	Date of Evaluation	
Risk Factors		
	History of suicide attempts	
	Medical severity of previous attempts	
	Age (risk increases with age)	
	Gender (specific risks associated with each gender)	
	Family history of suicide	
	Family history of psychiatric disorders	
	Personal psychiatric history	
	Access to lethal means (e.g., firearms, medications)	

	Recent loss or other crisis (e.g., relationship, job)	
	Recent discharge from psychiatric hospital	
	Substance use or abuse	
Warning Signs		
	Expression of a desire to die or suicide plan	
	Giving away possessions or settling affairs	
	Mood changes, particularly sudden improvement after a period of depression	
	Social withdrawal	
	Increased alcohol or drug use	
	Researching suicide methods	
Mental Health Assessment		
	Presence of psychiatric disorders (specifically, mood disorders, psychosis, anxiety disorders, substance-related disorders)	

	Severity of symptoms (e.g., severe hopelessness, agitation)	
	Recent or lifetime history of aggressive behavior or impulsivity	
	Symptoms of PTSD, if applicable	
Social and Environmental Assessment		
	Living situation and its stability	
	Level of social support and connectedness	
	History of physical or sexual abuse	
	Current stressors (e.g., legal or financial issues)	
	History of or current exposure to suicidal behavior of others (e.g., family members, peers, in the media)	

Protective Factors		
	Positive social support	
	Access to mental health care and positive experiences with providers	
	Problem-solving skills	
	Religious or spiritual beliefs that affirm life	
	Responsibilities and duties to others	
	Pets	
Summary and Action Plan		
	Summary of patient's suicide risk (circle one: High, Medium, Low, None)	

	Explanation of risk assessment	
	Action plan (e.g., refer to a mental health professional, initiate a safety plan, frequent check-ins, hospitalization if severe)	