

# INFORMAL SUICIDE RISK ASSESSMENT

## CHECKLIST

<b>AGENCY/PROGRAM:</b>	<b>CLIENT:</b>	<b>DOB:</b>
<b>SCREEN COMPLETED BY:</b>	<b>DATE:</b>	<b>TIME:</b>

*Client Denies Suicidal Thinking*

*Client Confirms Suicidal Thinking*

### RISK FACTORS

CHRONIC:	ACUTE:
Previous Suicide Attempt	Current Suicidal Thoughts
History of Suicidal Thoughts/Behaviour	Current Suicidal Plan
History of Mental Health Issues	Recent Suicidal Thoughts/Behaviour
History of Psychosis	Access to Suicidal Methods
Impulsive/Aggressive Tendencies	High Lethality of Suicide Methods
History of Non-Suicidal Self Injury	Increased Non-Suicidal Self Injury
Chronic Illness and Pain	Current Mental Health Issues
Family History of Mental Health Issues	Current Psychosis
Family History of Suicide	Agitation or Anxiety
History of Family Loss	Current Substance Use
History of Abuse, Neglect, Trauma	Feelings of Hopelessness
Cultural Risk Group	Recent Loss or Major Life Change
Male Gender	Recent Suicide(s) in Family/Community
LGBT2SQ+	Minimal Social Supports
Other:	Minimal Professional Supports
	Minimal Support from Caregiver
	Unresponsive to Supports
	Other:

*Note: This tool should never be used alone or as a substitute for a thorough clinical assessment. Assessing risk needs to be collaborative, developmentally appropriate, and include collateral information.*

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## ASSESS REASONS FOR LIVING

- What has been keeping you safe now? In the past?
- Is there anything that gives you hope or helps you think more about living?
- Do these things help you feel better, even briefly?

## ASSESS PROTECTIVE FACTORS:

- Family and community connectedness
- Skills in coping, problem solving, and conflict resolution
- Hope for the future
- Opportunities for contribution and sense of meaning
- Cultural and spiritual beliefs that increase hopefulness/support self-preservation
- Willingness to access supports
- Willingness to work together to stay safe

## SUICIDE RISK ESTIMATION

**LOW**       **MEDIUM**       **HIGH**

**NEXT STEPS:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## PURPOSE

A risk assessment document can be a helpful guide to refer to when determining how many high-risk chronic and current risk factors are present for someone who is experiencing suicidality. The above assessment can assist helpers to ensure that they have explored a variety of individual, family, and systems-related risk factors, as well as protective factors and identified reasons for living. While documents like this should never be used as a substitute for an in-depth clinical assessment, they can act as a guide for both the assessment and documentation process.