

Suicide Risk Assessment Checklist

Put a '✓' in the appropriate box

Performance/Degree	RISK PRESENT, BUT LOWER (Score for each <input checked="" type="checkbox"/> = 1)	MEDIUM RISK (Score for each <input checked="" type="checkbox"/> = 2)	HIGHER RISK (Score for each <input checked="" type="checkbox"/> = 3)
1. Suicide Plan			
(a) Details	<input type="checkbox"/> vague	<input type="checkbox"/> some specific	<input type="checkbox"/> well thought out, knows, when, where, how
(b) Availability of means	<input type="checkbox"/> not available, will have to get	<input type="checkbox"/> available, have close by	<input type="checkbox"/> have in hand
(c) Time	<input type="checkbox"/> no specific time or in future	<input type="checkbox"/> within a few hours	<input type="checkbox"/> immediately
(d) Lethality of method	<input type="checkbox"/> pills, slash wrists	<input type="checkbox"/> drugs and alcohol, car wreck, carbon monoxide	<input type="checkbox"/> drug, charcoal, hanging, jumping
(e) Chance of intervention	<input type="checkbox"/> others present most of the time	<input type="checkbox"/> others available if called upon	<input type="checkbox"/> no one nearby; isolated
2. Previous Suicide Attempts			
	<input type="checkbox"/> none or one of low lethality	<input type="checkbox"/> multiple of low lethality or one of the medium lethality, history of repeated threats	<input type="checkbox"/> one high lethality or multiple of moderate
3. Stress			
	<input type="checkbox"/> no significant stress	<input type="checkbox"/> moderate reaction to loss and environmental changes	<input type="checkbox"/> severe reaction to loss or environmental changes
4. Symptoms			
(a) Coping Behavior	<input type="checkbox"/> daily activities continue as usual with little change	<input type="checkbox"/> some daily activities disrupted; disturbance in eating, sleeping, school work	<input type="checkbox"/> gross disturbances in daily functioning
(b) Depression	<input type="checkbox"/> mild, feels slightly down	<input type="checkbox"/> moderate, some moodiness, sadness, irritability, loneliness and decrease of energy	<input type="checkbox"/> overwhelmed with hopelessness, sadness and feels worthless
5. Resources			
	<input type="checkbox"/> help available; significant others concerned and willing to help	<input type="checkbox"/> family and friends available but unwilling to consistently help	<input type="checkbox"/> family and friends not available or are hostile, exhausted, injurious
6. Communication Aspects			
	<input type="checkbox"/> direct expression of feelings and suicidal intent	<input type="checkbox"/> inter-personalized suicidal goal ('They'll be sorry – I'll show them')	<input type="checkbox"/> very indirect or non-verbal expression of internalized suicidal goal (guilt, worthlessness)
7. Life Style			
	<input type="checkbox"/> stable relationships, personality, and school performance	<input type="checkbox"/> recent, acting out behaviour and substance abuse; acute suicidal behaviour in stable personality	<input type="checkbox"/> suicidal behaviour in unstable personality, emotional disturbance, repeated difficulty with peers, family, and teachers
8. Medical Status			
	<input type="checkbox"/> no significant medical problems	<input type="checkbox"/> acute but short term or psychosomatic illness	<input type="checkbox"/> chronic debilitating or acute catastrophic illness
Sub-total	(A)	(B)	(C)
Total score	(A + B + C) / 3 = _____		

Reminder: When using this checklist, please make reference to the sections on 'Risk Factors' and 'Suicide Warning Signs' in Chapter 1 of the eBook on Student Suicide for Schools: Early Detection, Intervention and Postvention (EDIP).

Suicide Risk Assessment Checklist

Scoring Guide

Level	Score	Interpretation/Recommendations
Low	1.....6	To maintain a close home-school communication; observe and provide counselling to the student
Medium	7.....10	To refer to social workers or student guidance personnel for further assessment and intervention
High	11.....13	To seek professional advice, community resources and appropriate support immediately

The above checklist is adapted from 'Dallas Independent School District Suicide Risk Assessment Worksheet – Probability of Attempt'

IMPORTANT

The completion of this assessment checklist is to indicate concern
for a possible suicide attempt.

Even if the assessment indicates a low risk,
there is a risk present.