

# Suicide Risk Assessment

## Quick Reference



- ⇒ ASK “S” Question
- ⇒ Current Plan/Access to Means
- ⇒ Past Suicidal Behaviors or Attempts
- ⇒ Self Harm Behavior
- ⇒ Risky Behaviors
- ⇒ Substance Use or Abuse
- ⇒ Anger
- ⇒ Ambivalence - Life vs. Death
- ⇒ Access to Safety Net

### **Suicide risk factors that may increase rate:**

Mental Health Disorder Diagnosis

Family History - Mental Health/Substance Abuse/Suicide

Drastic Changes

Stressful Live Events

Helpless/Hopeless

Bullying/Isolation/Burdensomeness

LGBTQ

Chronic/Terminal Illness