

Suicide Risk Assessment Checklist

- ✓ **Identifying the suicidal child/adolescent**
 - Attempted to establish rapport
 - Explained the purpose of the interview
 - Expressed concern and noted why concerned
 - Asked clarifying questions to determine mood, state of mind, etc.
 - Listened carefully and accepted what was said
 - Checked out previous suicidal attempt(s)
 - Remained patient and calm

- ✓ **Assessing lethality**
 - Determined frequency and intensity of suicidal thoughts
 - Determined the plan for suicide
 - Determined access to weapons, pills, etc. involved in the plan
 - Determined level of supervision

- ✓ **Plan of action for low lethality**
 - Did immediate problem-solving
 - Referred for counseling
 - Created a no-suicide contract
 - Gave written and verbal crisis numbers and instructions
 - Stressed the need to involve parents in the process of protection
 - Discussed follow-up actions

Suicide Risk Assessment Checklist (Continued)

- ✓ **Plan of action for moderate lethality**
 - Did immediate problem-solving
 - Referred for counseling
 - Created a no-suicide contract
 - Asked client to relinquish any weapons, pills, etc.
 - Checked with parent regarding weapons, pills, etc. that are in the home
 - Considered immediate environmental changes (supervision, etc.)
 - Assessed use of chemicals
 - Reviewed and reaffirmed agreements/appointments made
 - Created a plan for follow-up

- ✓ **Plan of action for high lethality**
 - Did not leave the client until immediate professional help was secured (i.e., crisis intervention, hospitalization intervention)