

# ASSESSMENT OF SUICIDE AND RISK INVENTORY

THIS INVENTORY IS FOR DOCUMENTATION PURPOSES ONLY

Suicide risk assessment may be performed by many methods, including patient & collateral interviews, review of documentation, and the use of standardized screening tools.

PATIENT IDENTIFICATION

<b>SCREENING QUESTION</b>		<input type="radio"/> DENIES SUICIDAL THINKING	<input type="radio"/> ENDORSES SUICIDAL THINKING																																																																		
SEE REVERSE for an example of a screening pathway. An example screening question could be, "In the past month, have you considered suicide?"																																																																					
<b>Collateral Sources</b>																																																																					
<table border="1" style="width:100%; border-collapse: collapse;"> <tr> <th colspan="2" style="background-color: black; color: white;">CHRONIC RISK FACTORS</th> </tr> <tr> <th colspan="2" style="background-color: black; color: white;">Suicide Specific</th> </tr> <tr> <td style="text-align: right;">Prior Suicide Attempt</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td style="text-align: right;">History of Suicidal Thinking or Behaviour</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <th colspan="2" style="background-color: black; color: white;">Patient Related</th> </tr> <tr> <td style="text-align: right;">History of Psychotic or Major Affective Disorder</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td style="text-align: right;">Male Sex</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td style="text-align: right;">History of Aggression</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td style="text-align: right;">Ethnic or Cultural Risk Group</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td style="text-align: right;">Chronic Illness Causing Severe Pain or Disability</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <th colspan="2" style="background-color: black; color: white;">System Related</th> </tr> <tr> <td style="text-align: right;">Family History of Mental Health Disorder</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td style="text-align: right;">Family History of Suicide</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td style="text-align: right;">History of Parental or Sibling Loss</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td style="text-align: right;">History of Trauma, Abuse, Neglect</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td style="text-align: right;">History of Frequent Change of Address</td> <td style="text-align: center;"><input type="radio"/></td> </tr> </table>	CHRONIC RISK FACTORS		Suicide Specific		Prior Suicide Attempt	<input type="radio"/>	History of Suicidal Thinking or Behaviour	<input type="radio"/>	Patient Related		History of Psychotic or Major Affective Disorder	<input type="radio"/>	Male Sex	<input type="radio"/>	History of Aggression	<input type="radio"/>	Ethnic or Cultural Risk Group	<input type="radio"/>	Chronic Illness Causing Severe Pain or Disability	<input type="radio"/>	System Related		Family History of Mental Health Disorder	<input type="radio"/>	Family History of Suicide	<input type="radio"/>	History of Parental or Sibling Loss	<input type="radio"/>	History of Trauma, Abuse, Neglect	<input type="radio"/>	History of Frequent Change of Address	<input type="radio"/>	<table border="1" style="width:100%; border-collapse: collapse;"> <tr> <th colspan="2" style="background-color: black; color: white;">ACUTE RISK FACTORS</th> </tr> <tr> <th colspan="2" style="background-color: black; color: white;">Suicide Specific</th> </tr> <tr> <td style="text-align: right;">Recent Suicidal Thinking or Behaviour</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td style="text-align: right;">Active Suicidal Ideation</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td style="text-align: right;">Accessibility to Suicidal Means</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td style="text-align: right;">Lethality of Suicidal Plan or Attempt</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <th colspan="2" style="background-color: black; color: white;">Patient Related</th> </tr> <tr> <td style="text-align: right;">High Anxiety / Agitation on Interview</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td style="text-align: right;">Current Psychiatric Illness</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td style="text-align: right;">Current Substance Misuse</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td style="text-align: right;">No Compliance or Response to Treatment</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td style="text-align: right;">Impulsivity</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td style="text-align: right;">Hopelessness</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <th colspan="2" style="background-color: black; color: white;">System Related</th> </tr> <tr> <td style="text-align: right;">Recent Loss or Major Life Change</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td style="text-align: right;">Lack of Social Supports</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td style="text-align: right;">Lack of Professional Supports</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td style="text-align: right;">Caregiver Unavailable or Inappropriate</td> <td style="text-align: center;"><input type="radio"/></td> </tr> </table>	ACUTE RISK FACTORS		Suicide Specific		Recent Suicidal Thinking or Behaviour	<input type="radio"/>	Active Suicidal Ideation	<input type="radio"/>	Accessibility to Suicidal Means	<input type="radio"/>	Lethality of Suicidal Plan or Attempt	<input type="radio"/>	Patient Related		High Anxiety / Agitation on Interview	<input type="radio"/>	Current Psychiatric Illness	<input type="radio"/>	Current Substance Misuse	<input type="radio"/>	No Compliance or Response to Treatment	<input type="radio"/>	Impulsivity	<input type="radio"/>	Hopelessness	<input type="radio"/>	System Related		Recent Loss or Major Life Change	<input type="radio"/>	Lack of Social Supports	<input type="radio"/>	Lack of Professional Supports	<input type="radio"/>	Caregiver Unavailable or Inappropriate	<input type="radio"/>
CHRONIC RISK FACTORS																																																																					
Suicide Specific																																																																					
Prior Suicide Attempt	<input type="radio"/>																																																																				
History of Suicidal Thinking or Behaviour	<input type="radio"/>																																																																				
Patient Related																																																																					
History of Psychotic or Major Affective Disorder	<input type="radio"/>																																																																				
Male Sex	<input type="radio"/>																																																																				
History of Aggression	<input type="radio"/>																																																																				
Ethnic or Cultural Risk Group	<input type="radio"/>																																																																				
Chronic Illness Causing Severe Pain or Disability	<input type="radio"/>																																																																				
System Related																																																																					
Family History of Mental Health Disorder	<input type="radio"/>																																																																				
Family History of Suicide	<input type="radio"/>																																																																				
History of Parental or Sibling Loss	<input type="radio"/>																																																																				
History of Trauma, Abuse, Neglect	<input type="radio"/>																																																																				
History of Frequent Change of Address	<input type="radio"/>																																																																				
ACUTE RISK FACTORS																																																																					
Suicide Specific																																																																					
Recent Suicidal Thinking or Behaviour	<input type="radio"/>																																																																				
Active Suicidal Ideation	<input type="radio"/>																																																																				
Accessibility to Suicidal Means	<input type="radio"/>																																																																				
Lethality of Suicidal Plan or Attempt	<input type="radio"/>																																																																				
Patient Related																																																																					
High Anxiety / Agitation on Interview	<input type="radio"/>																																																																				
Current Psychiatric Illness	<input type="radio"/>																																																																				
Current Substance Misuse	<input type="radio"/>																																																																				
No Compliance or Response to Treatment	<input type="radio"/>																																																																				
Impulsivity	<input type="radio"/>																																																																				
Hopelessness	<input type="radio"/>																																																																				
System Related																																																																					
Recent Loss or Major Life Change	<input type="radio"/>																																																																				
Lack of Social Supports	<input type="radio"/>																																																																				
Lack of Professional Supports	<input type="radio"/>																																																																				
Caregiver Unavailable or Inappropriate	<input type="radio"/>																																																																				
<b>Acuity Assessment of Suicide Risk</b>																																																																					
<input type="radio"/> N/A	<input type="radio"/> CHRONIC	<input type="radio"/> CHRONIC with ACUTE Exacerbation	<input type="radio"/> ACUTE																																																																		
<b>Suicide Risk Assessment Rationale</b> <i>(should also include protective or other factors used in assessing risk)</i>																																																																					
<b>Subjective assessment of Suicide Risk</b> <i>(Based upon above and other sources, rate the subjective sense of suicide risk)</i>																																																																					
<input type="radio"/> LOW	<input type="radio"/> MODERATE	<input type="radio"/> HIGH																																																																			
<b>Treatment/Interventions</b>		<input type="radio"/> No specific interventions recommended as risk felt to be baseline / low																																																																			
<input type="radio"/> Admit to hospital unit: <input type="radio"/> Consultation: <input type="radio"/> Notification: <input type="radio"/> Discussed safety planning <input type="radio"/> Discussed removing lethal means																																																																					
<b>Follow-Up</b>																																																																					
<b>Completed By</b>		<b>Signature</b>	<b>Date</b> DD MM YY																																																																		

# ASSESSMENT OF SUICIDE AND RISK INVENTORY

THIS INVENTORY IS FOR DOCUMENTATION PURPOSES ONLY

Suicide risk assessment may be performed by many methods, including patient & collateral interviews, review of documentation, and the use of standardized screening tools.

PATIENT IDENTIFICATION

## SCREENING FOR SUICIDE

A simple, three-step method to screen for suicidal thinking can be naturally applied in a caring and considerate way:

1. "Have you felt that you are under a lot of stress lately?" (You can ask any question about stress)
2. "Have you felt that life is not worth living?" (The important concept here is hopelessness)
3. "In the past month, have you considered suicide?" (Pointed question about suicide behaviour)

## EVIDENCE-INFORMED CHRONIC RISK FACTORS

***These are suicide risk factors that are not changeable and will likely remain throughout the lifespan of the person.***

**History of Suicide Attempt:** A major suicide attempt in which life was threatened or non-intervention would have resulted in death.

**Prior History of Suicidal Thinking or Behaviour:** Suicidal behaviours of low lethality, parasuicide, utterances, writings, etc.

**History of Psychotic / Major Affective Disorder:** Major Depressive Disorder, Bipolar Disorder, Schizophrenia, Prodromal Psychosis, etc.

**History of Aggression:** Prior aggressive acts directed at self, harming others; history of bullying behaviours, etc.

**Ethnic or Cultural Risk Group:** Aboriginal Peoples (reserve/isolated), Gay/Lesbian/Bisexual/Transgendered, Street Youth Culture.

**Chronic Illness with Severe Pain or Disability:** Any chronic (or likely to be chronic) illness with significant impact on daily functioning.

**Family History of Mental Health Disorder:** Any mental health disorder identified in family members, "Unknown but suspected" is included.

**Family History of Suicide:** Any completed/attempted suicides or unexplained suspicious deaths in the family.

**History of Parental or Sibling Loss:** A death or traumatic loss of a parent/primary caregiver or sibling/habituated relative.

**History of Trauma, Abuse, or Neglect:** Accidental trauma, intentional abuse (physical, sexual, emotional, verbal), neglect, and bullying.

**History of Frequent Change of Address:** More than 5 major moves or changes of address before adolescence.

## EVIDENCE-INFORMED ACUTE RISK FACTORS

***These are suicide risk factors that are able to change and only exist during certain times for, or states of, the person.***

**Recent Suicidal Thinking or Behaviour:** A current presentation of suicidal thinking or behaviours. **This must represent a recent change.**

Chronic self-injury that has not changed in quality, even if recent, should not be included as an acute risk factor.

**Active Suicidal Ideation:** Active is defined as having a "formed method, time, or location" in the ideation. Not passive (abstract) ideation.

**Accessibility to Suicidal Means:** Has a realistic opportunity to acquire the suspected means of suicide. **Check if any access to firearms.**

**Lethality of Suicidal Plan or Attempt:** The suicidal planning or behaviours exhibited carry a **high chance of lethality.**

**Current Psychiatric Illness:** An ongoing mental illness that causes impairment in occupational, social, educational, or familial function.

**Current Substance Misuse:** Any ongoing use or current intoxication by alcohol or illicit substances.

**No Compliance or Response to Treatment:** Current treatments are not mitigating the symptoms of mental illness, even if compliant.

**Impulsivity:** Impatience, acting without forethought, difficulties planning or prioritizing, or unpredictable behaviour.

**Hopelessness:** Despair that the future will not get better, or that there is no reason to continue living. Severe negative thinking about the future.

**High Anxiety/Agitation on Interview:** Any demonstrated or suspected anxiety or agitation that significantly impacts the interview process.

**Recent Loss or Major Life Change:** Include deaths, separations, major relocations, relationship losses, educational transitions, etc.

**Lack of Social Supports:** Significant loss or lack of peer supports or opportunities to develop relationships with peers.

**Lack of Professional Supports:** Limited or no access to physicians, counsellors, social workers, community resources, etc.

**Caregiver Unavailable or Inappropriate:** A primary or attached caregiver is unavailable or inappropriate to provide care.

## EXAMPLES OF "OTHER RISK FACTORS" (EVIDENCE INFORMED)

severe hopelessness  
suicide pacts / groups

command hallucinations  
copycat suicidal behaviour

declining school performance  
increasing withdrawal from peers

## EXAMPLES OF "PROTECTIVE RISK FACTORS" (EVIDENCE INFORMED)

supportive family network  
pertinent negatives  
strong positive cultural identity

oriented to the future  
secondary gain for suicidal behaviour  
personal success

excellent therapeutic rapport  
good problem-solving skills  
effective established treatments



No commercial use, or modifications or derivative works, may be made without permission of the author; licensed under Creative Commons Attribution-NonCommercial-NoDerivs 2.5 Canada License available at <http://creativecommons.org/licenses/by-nc-nd/2.5/ca/>. For greater clarity, unmodified use for clinical care of patients in a non-profit setting is permitted.

Please contact the author, Dr. Tyler R. Black at [tblack@cw.bc.ca](mailto:tblack@cw.bc.ca), for questions or to request permission for other uses.  
This form is not medical advice and is only intended to document, not replace, clinical judgment.