

SUICIDE SIGNS AND RISK FACTORS CHECKLIST

This checklist is designed to determine behaviours that may indicate a patient may be considering suicide. The results must be interpreted in the context of an individual's circumstances and as such should be used only in combination with a comprehensive medical and clinical assessment. It is **NOT** a stand-alone diagnostic tool.

Signs

- ☐ Talking about wanting to die or to kill oneself
- ☐ Looking for a method to kill oneself (e.g. searching online or buying a rope)
- ☐ Talking about feeling hopeless or having no reason to live
- ☐ Talking about feeling trapped or in extreme emotional pain
- ☐ Talking about being a burden to others
- ☐ Increasing use of alcohol or drugs
- ☐ Acting anxious or agitated; behaving recklessly
- ☐ Sleeping more or less than what is normal for them
- ☐ Withdrawing or feeling isolated
- ☐ Showing rage or talking about seeking revenge
- ☐ Displaying extreme mood swings

Risk factors

- ☐ History of self-harm or previous suicide attempt
- ☐ Mental or substance use disorders, especially depression
- ☐ Physical illness: terminal, painful or debilitating illness
- ☐ Family history of suicide, substance abuse and/or other psychiatric disorders
- ☐ History of sexual, physical or emotional abuse
- ☐ Socially isolated or living alone
- ☐ Bereavement in childhood
- ☐ Family disturbances
- ☐ Unemployment, change in occupational or financial status
- ☐ Rejection by a significant person (e.g. relationship breakup)
- ☐ Recent discharge from a psychiatric facility

If a patient's presentation meets **1 or more** criteria from both of the above categories, there is an increased chance that they may be considering suicide. In this case, it is important to complete a thorough suicide risk assessment at the time of your consultation.

It is also recommended that they be referred to a psychologist for a more comprehensive assessment. To book an appointment with a psychologist, contact Strategic Psychology at **strategicpsychology.com.au**.