

Suicide Risk Assessment

Factors associated with high suicide risk	X	Protective factors	X
Continued contact with the perpetrator		Some capacity for emotional expression	
Bereavement or recent trauma		Willingness to talk about thoughts and feelings	
Single/separated/widowed/divorced		Informal support networks (e.g. friends, family)	
History of self-harm		Formal support networks (e.g. mental health, etc)	
Psychopathology including dissociation, PTSD, depression, psychosis, personality disorders, bi-polar		Do they have a good relationship with their GP?	
Significant deterioration of mental health		Involvement in interests and activities	
Alcohol and drug use		Established successful coping strategies	
Hopelessness, social isolation		Other key individuals that client is willing to talk to	
Unemployed, retired		Options for out of hours support	
Recent significant life-changing event		Physical activity	
Specific suicide plan formulated		A collaboratively agreed crisis plan with NSFT	
Prior suicide attempt		Attending counselling	
Physical illness		Quality of therapeutic engagement	
Significant and unexplained mood/behaviour change		Do they have a pet?	
		Do they have children or dependents?	

Factors compiled from

- BACP guidelines
- Reeves, A.(2010) Counselling Suicidal Clients Sage