**REVISED SUICIDE RISK TOOL - QUESTION PROMPT EXAMPLES**

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| **The following questions can be asked directly to the young person.** **However, the accuracy of the information gathered is dependent on a number of factors, including the young person’s self-awareness, memory, and honesty. Other possible sources of information include direct observation, asking trustworthy significant others who know the person well (e.g., parent, caregiver), and professional assessment or treatment reports.****Guidelines around using the tools with Maori and Pacific Island young people and how to introduce the tools and discuss the area of suicide with young people can be found on the practice centre.** |
| **CURRENT SUICIDAL BEHAVIOUR** |
| **Suicidal ideation*** Have you been thinking about suicide or had thoughts of wanting to die?
* What was happening/going on at the time you had the thoughts?
* What sort of thoughts have you been having? Can you describe them?
* How often are the thoughts there?
* How long do the thoughts last?
* Are there any things that you have noticed trigger or set off the thoughts?
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| **Method** * Have you thought about how you would go about committing suicide? Or have you thought about how you would do it?
* What ways have you thought of?
* Anything else? (keep exploring until they say nothing else)
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| **Degree of planning*** Have you worked out how you would go about it (carrying out your plan)?
* What have you worked out?
* Are there any things or people that would make you not want to carry out your plan or go through with it?

**Extra prompts*** Have you worked out where you would do it and what you would use?
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| **Achievability of plan*** Do you have what you would need to carry out your plan?
* What do you have available?
* How likely is it that you will be able to carry out your plan?
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| **Preparatory behaviour (usually based on observations)**- Have you done anything towards preparing to act on your plan? - If so, what have you done?(consider: writing, talking, or drawing about suicide; trying out their method or getting prepared; making suicide threats/letters; making a will, giving away possessions)(NOTE: Has anyone noticed a sudden unexplained improvement in mood?) |
| **PREVIOUS SUICIDE ATTEMPTS** |
| * Have you ever tried to harm or kill yourself yourself in the past? *(****Explore the following questions for each attempt)***
* Describe to me what happened? (method)
* What was your intention at the time? or Do you think you wanted to die when you did this?
* Did you need to go to hospital or get other sort of help? If so what happened?
* What was happening at the time you made the attempt? What triggered the attempt?
* When did this happen? (eg date), Are there any other times you have tried to harm yourself?...

**Previous self-harming:*** Have you ever harmed yourself that wasn’t about wanting to die?
* What have you done and how often does it happen?
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| **CURRENT EMOTIONAL DISTRESS** |
| **Mood:** - How have you been feeling in yourself lately? - Have you noticed you are feeling more sad/irritable/anxious/angry/shut-down than usual for you? - Tell me about those changes? Describe how things are different?- How long have you been feeling like this?- Why do you think you are feeling this way?  |
| **Thoughts:**- What do think about yourself at the moment? How different is this from how you usually think?- Do you have thoughts that you are worthless or helpless?-Tell me about these thoughts? (when did they start? How often do you have them? How distressing are they?)- Do you have thoughts about things being hopeless? - Tell me about those thoughts? |
| **Other signs/behaviours:**- Are there other changes you have noticed in yourself that are different from how you usually are?- Tell me about those changes? Describe how things are different?***Can use specific prompts***- Have you noticed any changes in your sleep/motivation/ energy levels/appetite/ability to think or concentrate?- Have you noticed any change in how interested you are in things or how much you enjoy things compared to how you usually are?- Have you noticed any unusual thoughts or had any unusual experiences? (prompt: – like hearing voices?) |
| **Level of hope and reasons to live? (often asked during discussion around protective factors or whilst discussing other areas)** - What keeps you going? (people, relationships, plans, activities)- What would stop you from attempting suicide?- Do you feel like anything could be done to change the hard things about your current situation? |
| **OTHER RISK FACTORS** |
| **Family/peer history of suicide or mental health:**- Do you have any family or friends who have committed suicide or attempted suicide?- Do your family or friends think that committing suicide is OK?- Do you or any of your family have a history of mental health difficulties?**Stressors & triggers:****Stressors that might trigger suicidal behaviour include relationship break-up, loss of job, placement break-down, conflict with parents, loss of freedom etc. But what counts as a stressor depends on the individual. Therefore, for each YP please identify any triggers of significant distress or self-harm (previous or current) and note any upcoming stressors.**- Have there been any recent stressful events that have happened in your life?- What has happened and how did this affect you?- Do you have any things coming up that you’re stressed about?- What things have triggered previous attempts or times that you have self-harmed?***Can use prompts***Has there been any* Relationship break-up or conflict?
* Death or major illness of someone close to you?
* Change in your living situation?
* Problems at course/school/job?
* Offending or getting into trouble with the police?
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| **Substance misuse:**(see Cage and/or SACS screen) |
| **Other:**[to check **impulsivity**] Do you do things without thinking through the consequences? What sort of things?[to check **attitudes to getting help**] Do you think you have a problem or need any help? [to check **level of support for the young person**]Who are the people in your life that you get support from?  |
| **CURRENT PROTECTIVE FACTORS** |
| How do you deal with stress or solve problems? How do you feel about the future?What are your plans for the future?What things are important to you in your life?Do you have strongcultural/spiritual connections? Do you have friends/family/other important people who you can talk honestly with and be supported by? Do you have any special interests or things that you know you are really good at? |