

### **Assessing risk of suicide after self harm**

1. Establish what happened and the lethality of the attempt
  - a. What kind of tablets/how many/how were the tablets acquired?
  - b. When did you get the tablets?
  - c. Where did you take the OD?
  - d. Did you consume any alcohol at the time?
  - e. Did you make any efforts to avoid being discovered?
  - f. Did you make any arrangements for your affairs after death?
  - g. Did you leave a suicide note? Did you say good byes to loved ones?
  - h. How did you come to hospital?
  - i. Do you regret taking the OD? Are you happy to be alive?
  - j. What made you think about harming yourself? Enquire about stresses in life/relationship problems/financial and work related problems
  - k. How long had you been thinking about it?
    - l. What made you act on your thoughts now?
2. Past history of self harm
3. Past psychiatric history
4. History of substance abuse
5. Family history of psychiatric history and self harm/suicide
6. Assess current mood and suicidal ideation
7. Enquire about protective factors (What will stop you from acting on these thoughts?). Explore social support
8. What will force you to act on these thoughts?
9. What help would make it easier for you to cope with your problems?
10. How does talking about it make you feel?