

Informal Suicide Risk Assessment Checklist

PURPOSE

A risk assessment document can be a helpful guide to refer to when determining how many chronic and current high-risk factors are present for someone who is experiencing suicidality. This assessment can assist helpers to ensure that they have explored a variety of individual, family, and systems-related risk factors, as well as protective factors and identified reasons for living. While documents like this should never be used as a substitute for an in-depth clinical assessment, they can act as a guide for both the assessment and documentation process.

Agency/program		Client		DOB	
Screen completed by		Date		Time	

Client denies suicidal thinking

Client confirms suicidal thinking

	CHRONIC		ACUTE
	Previous suicide attempt		Current suicidal thoughts
	History of suicidal thoughts/behaviour		Current suicidal plan
	History of mental health issues		Recent suicidal thoughts/behaviour
	History of psychosis		Access to suicidal methods
	Impulsive/aggressive tendencies		High lethality of suicide methods
	History of non-suicidal self-injury		Increased non-suicidal self-injury
	Chronic illness and pain		Current mental health issues
	Family history of mental health issues		Current psychosis
	Family history of suicide		Agitation or anxiety
	History of family loss		Current substance use
	History of abuse, neglect, trauma		Feelings of hopelessness
	Cultural risk group		Recent loss or major life change
	Male gender		Recent suicide(s) in family/community
	2SLGBTQ+		Minimal social supports
	Other:		Minimal professional supports
			Minimal support from caregiver
			Unresponsive to supports
			Other:

Assess Reasons for Living

Ask the person the following questions:

- What has been keeping you safe now? What about in the past?
- Is there anything that gives you hope or helps you think more about living?

Assess Protective Factors

- Family and community connectedness
- Skills in coping, problem-solving, and conflict resolution
- Hope for the future
- Opportunities for contribution and sense of meaning
- Cultural and spiritual beliefs that increase hopefulness and support self-preservation
- Willingness to access supports
- Willingness to work together to stay safe

Suicide Risk Estimation

- LOW MEDIUM HIGH

Next Steps