

6. ASSESSMENT OF THOUGHTS OF SUICIDE



We have just been talking about different emotional difficulties that people can experience. Sometimes when people feel very sad and hopeless about their life, they have thoughts about their own death or even ending their own life. These thoughts are not uncommon and you should not feel ashamed about having such thoughts if you do. The following questions I have for you are about these kinds of thoughts. Is that okay with you? Can we continue with the interview?

1. <i>In the past month, have you had serious thoughts or a plan to end your life?</i>	YES	NO	
	If yes, ask the client to describe their thoughts or plans. Write details here:		
<p>If the client responded “no” to Question 1, thank them for answering your questions and you can end the assessment.</p> <p>If the client responded “yes” to Question 1, please continue with Question 2.</p>			
2. <i>What actions have you taken to end your life?</i>	Please write details here:		
3. <i>Do you plan to end your life in the next two weeks?</i>	YES	NO	UNSURE
	If yes or unsure, ask client to describe their plan to you. Write details here:		
<p>If the client answers “yes” to Question 3, they have a plan to end their life in the near future and you must contact your supervisor immediately. Stay with the person while you do this. (See script below if needed.)</p> <p>If you are unsure whether the client will end their life in the near future, tell them you would like to contact your supervisor to ask them follow-up questions.</p>			

Script for people with a plan to end their life in the near future



From what you have described to me, I am concerned about your safety. As I mentioned at the beginning of this interview, if I believe you are at risk of ending your life I must contact my supervisor. This is very important so we can get you the best kind of help for these problems as soon as possible. I am going to do this now, okay?