Questions should be asked in the order given until the patient is no longer exhibiting the increasing risk factors.

Risk level is likely to increase for suicide with the more positive and detailed responses to these questions.

**Spectrum of Suicidality**

**Suicidal ideation (thoughts)**
- **Passive suicidal thoughts**
  - Do you wish you didn’t have to go on living?
  - Do you have thoughts of wanting to die?
- **Active suicidal thoughts**
  - Do you have thoughts of wanting to take your own life?
  - Do you have suicidal thoughts?

**Suicidal threats**
- Did you talk about killing yourself with others?
- Have you told anyone that you were going to kill yourself?

**Suicide Plans**
- Have you thought about methods to kill yourself?

**Suicidal plans – the details**
- **Decision**
  - Have you decided on a method to kill yourself?
- **Details**
  - Did you make a plan of exactly what you might do to kill yourself?
- **Resistance**
  - Have you been able to resist carrying this out?
  - What stopped you putting the plan into action?
- **Preparations**
  - Have you started preparations to suicide?
- **Time Profile**
  - For how long have you had the plan?
  - Have you set a date to kill yourself?
- **Affairs**
  - Have you put your affairs in order?
  - Have you made arrangements for after you die?
  - Have you written a note?
Suicide attempt
   Circumstances
   What were the circumstances of this attempt?
   Method
   What did you do?
   Intent
   What did you want to achieve (to die/to sleep/euphoria)?
   Lethality
   Did you think it would kill you?
   Reattempting suicide
   Have you ever tried to take your own life before?

Willingness for help
   Desire for help
   Do you want help to avoid killing yourself?
   Acceptance of care
   Will you accept my help to avoid suiciding?
   Will you accept specialist mental health care?

Current Safety
   Immediate harm
   Do you have thoughts of wanting to suicide immediately?
   Harm in hospital or clinic
   Do you have thoughts of wanting to suicide here in this office/clinic?
   Are you thinking of actively wanting to hurt yourself here?
   Help eliciting
   If you feel like hurting yourself here while you are waiting for me to make some arrangements could you come back to me and indicate this before doing anything?
   Dangerous items
   Do you have anything you can use to harm yourself?
   Are you thinking of using something in the immediate vicinity to harm yourself with?

Homicidal thoughts
   Homicidal ideation
   Do you want to take anyone with you?
   Do you have thoughts of harming or killing others?
   Homicidal Plan
   Do you have a plan to do this?
   Weapons
   Do you have access to guns or other weapons?

These questions are an educational reference to assist Medical Practitioners perform a history in regards to suicidality. This may assist Risk Assessment decision. This is not a validated risk assessment tool. This is not a replacement for an individual clinician's judgement, responsibility and duty of care towards patients. The author takes no responsibility for the use of this guide. © 2004 Randall Long All Rights Reserved