

SUICIDE RISK ASSESSMENT

Risk Points

High Risk Background

1. Suffered broken family relationships in childhood through death, divorce or desertion. 10pts.
2. Childhood history of frequent moves. 5 pts.
3. Victim of physical, mental, emotional or sexual abuse. 10 pts.
4. Adult authority figures are drug abusers or alcoholics. 10 pts.
5. Family history of suicide. 10 pts.
6. Low self-esteem or feelings of guilt. 10 pts.

Subtotal

Risk Points

Current Risk Factors

1. Suffered recent significant emotional loss or trauma. 10 pts.
2. Recent suicide by personal relation. 15 pts.
3. Abuser of alcohol or drugs. 10 pts.
4. Diagnosed as emotionally disturbed. 10 pts.
5. Has significant learning disabilities. 5 pts.
6. Pregnant, unmarried female or prospective unwed father. 15 pts.
7. Rebellious, angry or unmanageable. 5 pts.
8. Withdrawn, isolated, difficulties and current peer relationships. 5 pts.
9. Inability to communicate with parents. 5 pts.
10. Recent decline in academic performance. 5 pts.
11. Sleep disorders. 5 pts.
12. Previous suicide attempt. 15 pts.
13. Heavy metal rock music or fantasy sub-culture enthusiast. 10 pts.
14. Depressed mood. 10 pts.
15. Recent school drop-out. 5 pts.
16. Recent break-up of romance. 15 pts.
17. Recent severe clash with parents. 15 pts.
18. Severe financial difficulties. 10pts.

Subtotal

Risk Points

Immediate Danger Signs

1. Marked loss of interest in previously enjoyed activities. 10 pts.
2. Preoccupation with death. 15 pts.
3. Veiled threats such as, "You'll be sorry you treated me this way." 10 pts.
4. Talk of suicide plans or methods (even if purportedly about a third person). 15 pts.
5. Marked increase in reckless drug or alcohol abuse. 15 pts.
6. Sudden inattention to personal hygiene. 15 pts.
7. Emotional shock such as discovery of adoption leading to emotional upset. 10 pts.
8. Severe sleep disorders. 10 pts.
9. Sudden mood elevation following depression. 20 pts.
10. Withdrawal from counseling. 15 pts.
11. Giving away of significant possessions. 20 pts.
12. Getting affairs in order, i.e. returning borrowed items, questions concerning afterlife, notes of finality in conversation. 20 pts.
13. Discussion of suicide plans. 20 pts.
14. Evidence of implementing suicide plans. 25 pts.

Subtotal

GRAND TOTAL

*This test is not intended to serve as a medical diagnosis. It is intended for the sole purpose of educating the reader about factors involved in youth suicide. If you suspect someone is at risk of suicide, seek immediate, qualified professional help.

High Risk Background: 15 points or more may indicate familial background of suicide risk factors. **25 points** or more indicate the possibility of serious emotional disorder with a tendency to lead to suicide, when combined with High-Levels of current risk factors and immediate danger signs.

Current Risk Factors: 15 points or more may indicate significant current emotional disturbance. **25 points** or more may indicate significant risk factors, which are frequently associated with suicide attempts. These factors, when considered in conjunction with immediate danger signs and high-risk background factors, may help in early assessment of the danger of suicide.

Immediate Danger Signs: 25 points or more may represent serious danger. **35 points** or more may indicate the need for immediate professional assessment.