

## Suicide Risk Assessment Table<sup>1</sup>

Instructions to Practitioners: Use this table when there are signs of suicide risk.

Category	Low Risk	Moderate Risk	High Risk	Circle Risk Rating L M H
Age and Gender	males under 15 females under 35	Males 15-35 Females 35-65	Males 35+ Females 65+	L M H
Stressors	no significant stressors recent success or recent increase in prestige	changes in routine, environment, life styles; legal entanglements, Criminal involvement	serious illness, accident, or surgery; mental illness; loss of job, money, status, or prestige; loss of loved one (death, divorce, separation)	L M H
Symptoms	low levels of anger, depression, guilt	frustrated dependency, confused thinking, anger, revenge, guilt, hostility	active psychosis, severe depression* alcohol and/or drug use	L M H
Supporters and Resources	family and/or friends available and concerned	some social support, inadequate resources, inadequate finances, social isolation	family/friends either not available or non responsive, no apparent source of support	L M H
Plan	vague or no plan	uncertainty about specified method(s), method selected, other details vague	time or method or location specified or all three specified	LL MM HH
Lethality	aspirin/Tylenol, accidental or attention seeking cutting	jumping, lethal cutting, drowning, car wreck, gassing	drugs, poison, hanging, gun	LL MM HH
Access to Method	none or remote	difficult or time consuming, easy to access but not readily available	method at hand or readily available	LL MM HH
Prior Suicidal Activities	none	repeated threats, recurrent depression, one or more low lethality attempts	one or more high lethality attempts	LL MM HH
Relationship to Client	close and trusting	professional, mutually respectful	none or poor relationship	LL MM HH
Warning Signs	none	some of the list below	many of the signs in the list below	LL MM HH
Overall Rating:				LL MM HH

<sup>1</sup> I developed this table as one of several tools for evaluating suicide risk. Call for back up or assistance immediately if (1) a HIGH rating is obtained in two or more categories; (2) a HIGH rating in ANY of the double Ratings (e.g., HH); (3) If you are unable to contract with client; (4) If you would like addition support for your own peace of mind or that you question your own ability to deal with the situation; and (5) If client wishes to depart abruptly without resolution. Charles R. Figley ([CFigley@FSU.Edu](mailto:CFigley@FSU.Edu)) 2002.

