



Suicide Signs and Risk Factors Checklist

This checklist is designed to determine behaviours that may indicate a patient may be considering suicide. The results must be interpreted in the context of an individual's circumstances and as such should be used only in combination with a comprehensive medical and clinical assessment. It is **NOT** a stand-alone diagnostic tool.

Signs

- Talking about wanting to die or to kill oneself
- Looking for a method to kill oneself (e.g. searching online or buying a rope)
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in extreme emotional pain
- Talking about being a burden to others
- Increasing use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping more or less than what is normal for them
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

Risk factors

- History of self-harm or previous suicide attempt
- Mental or substance use disorders, especially depression
- Physical illness: terminal, painful or debilitating illness
- Family history of suicide, substance abuse and/or other psychiatric disorders
- History of sexual, physical or emotional abuse
- Socially isolated or living alone
- Bereavement in childhood
- Family disturbances
- Unemployment, change in occupational or financial status
- Rejection by a significant person (e.g. relationship breakup)
- Recent discharge from a psychiatric facility

If a patient's presentation meets **1 or more criteria** from **both of the above categories**, there is an increased chance that they **may be considering suicide**. In this case, it is important to complete a **thorough suicide risk assessment** at the time of your consultation.

It is also recommended that they be **referred to a psychologist** for a more comprehensive assessment. To book an appointment with a psychologist, contact Strategic Psychology on (02) 6262 6157 or email support@strategicpsychology.com.au.

Reference:

Hawton, K., & James, A. (2005). Suicide and deliberate self harm in young people. *British Medical Journal*, 330(7496), 891-894.