

Key questions following an overdose

1 What have you taken? (tablets, quantity, strength)

2 When?

3 Have you taken anything else? (e.g. tablets or liquids, watch for staggered overdoses)

4 Was it planned or did you do it without thinking? (impulsive, lower risk)

5 Where were you when you took it? (at home with other people, lower risk)

6 What was your intention when you took the tablets? (sleep, suicide, unclear)

7 Did you tell anyone about it afterwards? (seeking help, lower risk)

8 Do you have any regrets about it? (mistake, low risk; didn't work, high risk)

9 Do you have any thoughts of doing something like this again? (persistent intent, high risk)

PATHOS questionnaire¹⁸

P - Have you had **P**roblems for longer than one month?

A - Were you **A**lone in the house at the time?

T - Did you plan the overdose for longer than **T**hree hours?

HO - Are you feeling **H**Opeless about the future?

S - Were you feeling **S**ad for most of the time before the overdose?

Responses to each question are scored **0** or **1**

If the score is **2** or more the individual is considered to be high risk