Box 2

Key questions for risk assessment of self-harm and suicide

1 Do you ever have any thoughts about harming yourself or ending your life?
2 IF YES: Have you done anything to act on these thoughts?
3 IF NO: Do you have any intention of acting on these thoughts?
4 IF YES: Have you made any plans about how you will do it?
5 IF YES: Are there any good things in your life that might make you think twice about doing this?
6 Have you found any ways of coping with these difficult thoughts so far? These may be helpful e.g. distraction through listening to music, talking to friends, or unhelpful e.g. alcohol/drugs, self-harm, running away