Box 3

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 Did you take any recreational drugs or drink any alcohol before taking the tablets? (intoxication may increase the liklihood of impulsivity in the absence of planning)
7 What was your intention when you took the tablets? (sleep, suicide, unclear)
8 Did you tell anyone about it afterwards? (seeking help, lower risk)
9 Do you have any regrets about it? (mistake, low risk; didn't work, high risk)
10 Do you have any thoughts of doing something like this again? (persistent intent, high risk)

PATHOS questionnaire[21]
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 **HO**peless 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