

Working with Suicidal clients

Risk Factors checklist

Demographic and other risk factors	
Gender , males generally present with greater risk across different ages	
Age - males aged 15–50 and over 75	
Social isolation	
Depression	
Alcohol/drug misuse	
Lack of affective control / overwhelming emotion	
Occupational factors e.g. unemployed/retired	
Occupational groups (medicine, farmers, construction etc)	
History of child sexual abuse/child physical abuse/adult sexual assault	
Specific plan formulated	
Physical illness i.e. biochemical hormonal, other medical factors / changes	
Relationships, single, widowed, divorced / separated	
Homelessness	
Mental health diagnosis, including:	
• schizophrenia	
• mood disorders	
• affective disorders	
• anxiety/panic disorders – PTSD	
• paranoia	
• psychosis	
• personality disorders, e.g. sociopathy, aggression	
Terminal illness / physical illness	
Bereavement / Trauma	
Prior suicide attempts/family history of suicide or suicide attempts	
Terms used in session	
Stopping it / stop it	
Too tired	
There's nothing keeping me here	
What's the point	
Black / blackness / dark / darkness	
Too heavy – to manage	
Do myself in	
Just too much	
Carrying on	
Feeling really alone	
Way out	
Going somewhere else	
Continuing with it	
Don't exist	
Empty / dead	
Don't belong	
Give up	
Can't move forwards / feeling stuck	
Hopeless / there's no point	