

# Assessing Suicide Risk

## Ask

Suicidal thoughts • Plan • Lethality • Means
Consider risk to the infant at all times



Fleeting thoughts of self-harm or suicide but no current plan or means



#### Low risk

- Discuss availability of support and treatment options
- Arrange follow-up consultation (timing of this will be based on clinical judgement)
- Identify relevant community resources and provide contact details



Suicidal thoughts and intent but no current plan or immediate means



#### Medium risk

- Discuss availability of support and treatment options
- Organise re-assessment within one week
- Have contingency plan in place for rapid re-assessment if distress or symptoms escalate
- Develop a safety plan with the woman



Continual/specific suicidal thoughts, intent, plan and means



### High risk

- Ensure that the woman is in an appropriately safe and secure environment
- Organise re-assessment within 24 hours and monitoring for this period
- Follow-up outcome of assessment
- Monitor risk to infant