

Risk Level	Details	Mental Health	Precipitating Event	Person's Disposition	Action
Low	<ul style="list-style-type: none"> <li>-Person states she/he is feeling suicidal</li> <li>-No suicide plan developed</li> <li>-Person not in immediate danger. (i.e. the means to carry out the plan are not present, intent is not immediate)</li> </ul>	<ul style="list-style-type: none"> <li>- May or may not have received counseling in the past.</li> <li>-May or may not have received mental illness diagnoses/treatment.</li> </ul>	<ul style="list-style-type: none"> <li>-Recent crisis or string of crises.</li> </ul>	<ul style="list-style-type: none"> <li>-Primary need seems to be someone to talk to who will listen.</li> <li>-Person is open to and active in developing a positive plan of action.</li> <li>-Person has a basic support system available.</li> </ul>	<ul style="list-style-type: none"> <li>-Explore primary issues.</li> <li>-Discuss short and long term plans of actions.</li> <li>-Contract with person to fulfill positive plan of action.</li> <li>-Contract with person to reach out for help again if the suicidal feelings return.</li> </ul>
Medium	<ul style="list-style-type: none"> <li>-Person states she/he is feeling suicidal.</li> <li>-They have a plan.</li> <li>-Means to carry out the plan are available but not readily accessible.</li> <li>-Means are available but not immediately lethal.</li> <li>-Intent is not immediate.</li> </ul>	<ul style="list-style-type: none"> <li>-May have family history of suicide and/or mental illness.</li> <li>-May have chronic mental illness diagnosis.</li> </ul>	<ul style="list-style-type: none"> <li>-Likely feels that negative life events have been ongoing for years.</li> <li>-May resist idea of "here and now."</li> </ul>	<ul style="list-style-type: none"> <li>-Person may seem uncertain about prospect of future happiness/wellness.</li> <li>-Person still willing to reach for help and develop a positive plan of action.</li> </ul>	<ul style="list-style-type: none"> <li>-Explore primary issue.</li> <li>-Discuss short and long term plans of action, including the possibility of mental health assessment.</li> <li>-Contract with person to fulfill a positive plan of action.</li> <li>-Contract with person to reach out for help again if the suicidal feelings return.</li> </ul>
High	<ul style="list-style-type: none"> <li>-Person states she/he is feeling suicidal.</li> <li>-Plan developed</li> <li>-Intent is immediate or within near future.</li> <li>-Means are lethal and accessible.</li> <li>-Likely to have attempted before, and has probably felt suicidal for a long period of time.</li> </ul>	<ul style="list-style-type: none"> <li>-Presence of chronic mental illness is likely, whether or not it's been diagnosed.</li> <li>-Likely has family history of mental illness/suicide.</li> </ul>	<ul style="list-style-type: none"> <li>-Recent crisis likely in addition to ongoing crisis/distress.</li> </ul>	<ul style="list-style-type: none"> <li>-Person stated intent to die.</li> <li>-Resistance to open communication/ alternatives.</li> <li>-Disillusioned with helping system, strong feelings of hopelessness and diminished fear in the face of death.</li> <li>-You believe the person will harm themselves.</li> </ul>	<ul style="list-style-type: none"> <li>-If suicide is in progress, call 9-1-1 to dispatch emergency services.</li> <li>-Contract with person to seek immediate assistance from a mental health professional -- follow up to make sure this was done.</li> <li>-Contract with person to reach out for help again if suicidal feelings return.</li> </ul>