**Templates for Suicide Assessment**

**North Memorial Family Medicine Residency Program, Minneapolis, MN (University of Minnesota, Dept of Family Medicine and Community Health)**

**Michelle Sherman, Ph.D. LP, Kathryn Justesen, MD., Zia Okocha, MD**

Template for Provider Assessment in Progress Note (adapted from P4 Screener10)

Are you **thinking**of actually hurting yourself?   YES     NO

Have you ever attempted to harm yourself **in the past**?   YES     NO   (if yes, how: \_\_\_\_\_\_\_\_\_\_)

Do you have a **plan**for how to harm yourself?   YES     NO   (if yes, how: \_\_\_\_\_\_\_\_\_\_)

There is a big difference between thinking about something and actually taking action. How likely are you to **act**on those thoughts in hurting yourself or ending your life sometime over the next month?   NOT LIKELY AT ALL     SOMEWHAT LIKELY      VERY LIKELY

Is there anything that would **prevent**or keep you from harming yourself?   YES     NO   (if yes, what: \_\_\_\_\_\_\_\_\_\_)

**Other risk factors:**

Drop-down box options (select as many as apply):

         Current substance abuse

         Command hallucinations

         Access to weapons/other means

         Hopelessness

         Recent loss

         Financial difficulties

         Family history of suicide

         Social isolation or withdrawal

         Impulsivity or recklessness

         Past psychiatric admission

         Other:

**Based on this assessment, plan for patient safety:**

Drop-down box options (select as many as apply):

         Put suicide hotline (1-800-SUICIDE) on AVS.

         Reminded patient our clinic has doctors available for phone contact 24/7

         Warm hand-off to behavioral health

         Contacted local behavioral health emergency program

         Contacted patient’s family member/friend

         Placed referral to behavioral health

         Placed referral to psychiatry

         Sent to hospital for evaluation

         Other:

Template for Patient Instructions

When you're going through tough times, it's easy to feel lonely and overwhelmed. Remember that YOU ARE NOT ALONE and we at [CLINIC NAME] want to support you during this difficult time.

There are many ways to get help and support when you are ready.

You can call help lines: 1-800- SUICIDE or contact [insert name and phone number of local community hotline]

You can schedule an appointment with a team member at our clinic - your primary care doc, a counselor, a care coordinator - we are all here to support you. A doctor is on call 24/7, so call us any time (insert phone number here)

There are many treatments that can help people during difficult times, and we can talk with you about medications, counseling, diet, and other options. We want to offer you HOPE that it won't always feel this bad.

If you are seriously thinking about hurting yourself or have a plan, please call us or 911 or go to any emergency room right away for immediate help.