

Suicide Risk Questionnaire

Part I: Suicide Risk Questionnaire

Have you heard someone say:

- Life isn't worth living
- My family would be better off without me
- Next time I'll take enough pills to do the job right
- Take my (prized collection, valuables) – I don't need this stuff anymore
- I won't be around to deal with that
- You'll be sorry when I'm gone
- I won't be in your way much longer
- I just can't deal with everything – life's too hard
- Nobody understands me – nobody feels the way I do
- There's nothing I can do to make it better
- I'd be better off dead
- I feel like there is no way out

Have you observed:

- Getting affairs in order (paying off debts, changing a will)
- Giving away articles of either personal or monetary value
- Signs of planning a suicide such as obtaining a weapon or writing a suicide note

Part II: Depression Risk Questionnaire

Have you noticed the following signs of depression:

- Depressed Mood
- Change in sleeping patterns (too much/little, disturbances)
- Change in weight or appetite
- Speaking and/or moving with unusual speed or slowness
- Loss of interest or pleasure in usual activities
- Withdrawal from family and friends
- Fatigue or loss of energy
- Diminished ability to think or concentrate, slowed thinking or indecisiveness
- Feelings of worthlessness, self-reproach, or guilt
- Thoughts of death, suicide, or wishes to be dead

If depression seems possible, have you also noticed:

- Extreme anxiety, agitation, irritability or risky behavior
 - Racing thoughts, excessive energy, reduced need for sleep
 - Excessive drug and/or alcohol use or abuse
 - Neglect of physical health
 - Feelings of hopelessness
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SCORING If you checked circles under:

Part I only, student may be a risk for suicide and professional help should be sought immediately.

Part II only, student may be suffering from depression or bipolar disorder and should seek further evaluation with a mental health professional or his/her primary care physician.

Parts I and II, the suicide risk is even higher. Strongly encourage professional help immediately.

(Suicide Risk Questionnaire was created by Screening for Mental Health, Inc. with educational facts adapted from material provided by National Depression Screening Day sponsors: The American Foundation of Suicide Prevention and the American College Health Association. Consultants: Ross J. Baldessarini, MD and Kay R. Jamison, PhD. Accessed January 18, 2010 at www.stopasuicide.org)