

Determining Suicidal Risk

(adapted from Joiner, 2005)

SUICIDAL DESIRE (D)	SUICIDAL CAPABILITY (C)	SUICIDAL INTENT (I)	BUFFERS/PROTECTIVE FACTORS
Suicidal Ideation (thoughts of killing self or others)	History of Suicide Attempts	Attempt in progress	Immediate supports
Psychological Pain (psychache)	Exposure to someone else's death by suicide	Plan to kill self/others <ul style="list-style-type: none"> • Method known 	Social supports
Hopelessness	History of/current violence to others	Preparatory behaviors	Planning for the future
Helplessness	Available means of killing self/other (environmental factors)	Expressed intent to die	Engagement with therapist/treatment team
Perceived Burden on Others	Currently intoxicated		Ambivalence about living/dying
Feeling Trapped	Substance abuse		Core values/beliefs
Feeling Intolerably Alone	Acute symptoms of mental illness, for example: <ul style="list-style-type: none"> • recent dramatic mood change • out of touch with reality 		Sense of purpose
	Extreme agitation/rage, for example: <ul style="list-style-type: none"> • increased anxiety • decreased sleep 		

