



THE DR EDWARD KOCH  
FOUNDATION



## RISK QUESTIONS

***THE MORE BOXES TICKED, THE HIGHER THE RISK***

- Have you had recent crises or stresses?
- Are you feeling despair/hopelessness?
- Are you thinking of suicide?
- Have you made past suicide attempts?
- Is there anyone you know that has suicided?
- Do you have a suicide plan?
- Have you got what you need for that plan? (eg gun/rope/pills)
- Do you use drugs or alcohol?
- Are you receiving treatment for mental illness/emotional problems? (If not receiving treatment, tell the person that having thoughts of suicide may mean they have a treatable disorder, eg depression)

### ***NOTES TO HELP:***

1. Be aware that if a person is not suicidal, asking them will not put the idea in their head.
2. Encourage the person to talk about specific reasons for wanting to die.
3. Make them understand that suicidal thoughts don't have to be acted on. They can know the thoughts and outsmart them.
4. Find out what has supported the suicidal person in the past, and whether these supports are still available.
5. If the suicidal person has a weapon or is behaving aggressively towards you, seek assistance from the police.
6. Help them to develop and agree to a plan to ensure their safety.
7. Inform them that you need to get help and ask who they would like you to contact.
8. Provide options for referral and assistance, eg Lifeline, phone 13 11 14.