## DANGER CHECKLIST

**Assessment of Immediate Danger**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Questions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Do you have Suicidal Ideation or Thoughts?</strong></td>
<td>Have you ever thought of hurting or killing yourself?</td>
</tr>
<tr>
<td></td>
<td>If so, when?</td>
</tr>
<tr>
<td><strong>Do you have a Suicidal Plan?</strong></td>
<td>What is your intent?</td>
</tr>
<tr>
<td></td>
<td>What method would you use?</td>
</tr>
<tr>
<td></td>
<td>How lethal is this method?</td>
</tr>
<tr>
<td></td>
<td>What preparations have you made?</td>
</tr>
<tr>
<td></td>
<td>Is there a date of time in mind?</td>
</tr>
<tr>
<td></td>
<td>Would anyone be likely to find you? How soon?</td>
</tr>
<tr>
<td></td>
<td>Have you told anyone about this plan?</td>
</tr>
<tr>
<td></td>
<td>Have you written a note? Do you plan to write a note?</td>
</tr>
<tr>
<td><strong>Have you previously tried to hurt or kill yourself?</strong></td>
<td>When did this occur?</td>
</tr>
<tr>
<td></td>
<td>What did you do?</td>
</tr>
<tr>
<td></td>
<td>What were the circumstances?</td>
</tr>
<tr>
<td></td>
<td>Did you see a doctor or nurse for any injuries?</td>
</tr>
<tr>
<td></td>
<td>Did you tell anyone? Who? When?</td>
</tr>
</tbody>
</table>

### A friendly mnemonic:

- T houghts
- I ntent
- M ethod
- E xperience

### Assessment of Current Situation (CIRCUMSTANCES)
## WARNING SIGNS CHECKLIST
Identification of Known Risk Factors

### AFFECTIVE SIGNS
- Sad or depressed
- Crying
- Moody
- Extreme Irritability
- Complaints of feeling rotten inside
- Hopelessness
- Agitation
- Lack of experiencing pleasure

### BEHAVIORAL SIGNS
- Sudden behavior changes
- Withdrawing from friends
- Giving away possessions
- Putting affairs in order
- Threatening to hurt oneself
- Neglect of appearance
- Impaired school performance
- Frequent tardiness/absences

### COGNITIVE SIGNS
- Preoccupation with death
- Writing artwork about death or suicide
- References to going away
- Impaired concentration
- Threatening to hurt oneself
- Tunnel vision

### PHYSICAL SIGNS
- Frequent complaints
- Frequent headaches
- Sleep problems
- Appetite problems
- Fatigue

---

Assessment of Immediate Danger (DANGER)