**Action Planning according to Risk Level**

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| Low suicide risk - Features | Action |
| * Fleeting thoughts which are soon dismissed
* No plan
* Mild or no symptoms of mental illness
* No alcohol or drug problem/ intoxication
* Stable psychological situation
 | * Defuse emotional distress as far as possible
* Screen for evidence of mental illness
* No follow-up required
 |
| Medium suicide risk - Features | Action |
| * Fleeting suicidal thoughts
* No plan
* Evidence of mental illness
* Evidence of alcohol or drug problems/ intoxication
* Unstable psychological situation but no impending crisis
* Infrequent dangerous or self- harming behaviour
 | * Defuse emotional distress as far as possible
* Secure safety
* Arrange full mental health and Psychosocial assessment
* Arrange follow up between 72 hours and 1 week
* Identify suicide prevention strategies
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| Medium/high suicide risk - Features | Action |
| * Frequent or fixed suicidal thoughts
* No specific plans or immediate intent but may have considered methods
* Significant mental illness
* Significant alcohol or drug problem/ in toxification
* Unstable psychological situation with impending crisis
* Infrequent dangerous or self-harming behaviour
 | * Defuse emotional distress as far as possible
* Secure safety
* Remove/ restrict lethal means
* Arrange full mental health & psychosocial assessment
* Arrange daily follow-up and support
* After crisis, identify suicide prevention strategies
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| High suicide risk - Features | Action |
| * Definite suicidal intent with specific plan & access to means of lethality
* Significant mental illness
* Significant alcohol or drug problem/ intoxification
* Unstable psychological situation with impending crisis
* Escalating and more frequent dangerous/ Russian roulette or self-harming behaviour
 | * Defuse emotional distress as far as possible
* Immediate action to secure safety
* Remove/ restrict lethal means
* Arrange full mental health and psychosocial assessment
* Arrange follow up and support over a 24 hours period
* After crisis, identify suicide prevention strategies
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Adapted from STORM materials