**Risk Assessment Template (adapted from STORM)**

**1) Explore Suicidal intent**

* Have you been thinking about taking your own life?

Note: It is important to ask this question directly. This question should be normalised where possible….”sometimes when people are struggling they may have thoughts of taking their own life.”

* How often are you having these thoughts?
* Try to estimate their level of hopelessness. Probe is there anything that you are looking forward to?
* Can you see a way through this?

**2) Plans**

**Note: important to separate out thoughts from plans**

* Do you have a plan? How detailed is it?
* What is the plan? When? Where? How?
* Do you have the means to access all/ some of these?
* Have you started to prepare to put these plans into place?

**3) Background to the crisis**

* Has anything happened that has led you to think about doing this?
* Find out about specific events leading up to the crisis.

What has happened in last 24 hours?

* Be empathetic, kind and genuine

**4) Consider any factors that might affect risk**

* Have you got anyone you can ask for support from? Family/friends?
* Have you been drinking this evening or taking drugs?
* Have you tried to take your life before? If so, how?
* How is your mental health normally?

**Factors increasing risk:**

* A young man
* They have been drinking alcohol or taking drugs
* They have tried to take their own life before (try to find out when and where)
* They have a history of mental health challenges
* They are socially isolated or have not been seeing any friends or family

**Factors decreasing risk:**

* Anything they feel is protective – For example “I wouldn’t because of my partner/ parent / children / pet”
* An activity or job that they really enjoy

**5) What has helped you when you have been in distress before?**

* Is that something you could use now?
* Do you have a Crisis management plan in place?

Note: This should be developed or reviewed as soon as possible.

**Any other additional next steps needed….**

* Should you be providing them with any other numbers following this call? Or should you be contacting anyone else?
* Mental Health Assessment Service/ Local crisis line phone number [INPUT LOCAL NUMBER]

**Final Step:**

**Go and have a cup of tea and call/find a colleague to speak to as these discussions are tough.**