NEURODIVERSITY-AFFIRMING SUICIDE RISK ASSESSMENT & SAFETY PLAN

Client: _____ Date: _____

Risk Assessment			
Verbal Statements Describe Statements: Meaning/Intent of Statements:		□ Direct	□ Indirect
Psychological □ Pre-occupation with death □ Feeling isolated □ Other:	□ Long term depression □ Anhedonia □ Lack of appetite/overeating	□ Poor concentration □ Burnout	□ Masking/Camouflaging □ Sleep disturbances
Emotional □ Feeling overwhelmed □ Other:	□ Feeling helpless □ Feeling sad	□ Crying/tearfulness □ Anxiety/OCD	□ Feeling hopeless □ Alexithymia
Behavioral □ Inability to perform daily tasks □ Loss of interest in preferred activities □ Other:	□ Low self esteem □ Sudden unexplained recovery/positive outlook □ Sudden withdrawal from family/friends	□ Engaging in risky behavior □ Sudden poor school/job performance □ Impulsivity	□ Previous suicide attempts □ Giving away important things □ Self-injurious behaviors
Situational □ Suicide of loved one/peer □ Lack of accommodations □ Other:	□ School or career problems □ Divorce/break-up □ Social Exclusion	□ Loss of job/career □ Multiple losses □ Unmet sensory needs	□ Death of a loved one/peer □ Bullying □ Marginalized community

Initial Risk Assessment		
Plan? □ Yes □ No	**Means?** □ Yes □ No	**Timeline?** □ Yes □ No
Describe:	Describe:	Describe:

Strengths & Supports
What are the client's future goals?
What type of connection does the client have with their culture/community/religion?
Who are the supportive people in the client's life?
What strategies does the client have that are effective in mitigating distress?
What are the client's areas of passion/interests?
What is the client's preferred communication method for self-disclosure or vulnerable situations?
When does the client self-advocate effectively?
What strategies have worked when the client has been able to cope in the past?
What sensory tools are comforting and safe for the client?

Strengths-Based Safety Plan
1. How will you know when the safety plan should be used?
2. What coping strategies do you prefer to use? How do they build on your strengths?
3. Who are the social contacts or what are the activities you can do to distract from your distress?
4. Who are the trusted friends and family you can go to for help?
5. Who are the mental health professionals or agencies to go to for help in a crisis?
6. What needs to be done to make sure your environment is safe?

Clinician Signature: _____ Date: _____