



## MENTAL HEALTH RISK ASSESSMENT TOOL

1. Background history and general observations				Yes	No		
• Is the patient currently violent, aggressive and/or threatening?							
• Does the patient pose a risk to self, you or others?							
• Does the patient have a means and a plan to harm themselves/someone else? <i>This means the patient has a <u>realistic</u> plan <b>AND</b> an <u>actual</u> means to carry out that plan</i>							
• Does the patient have any <b>immediate</b> (i.e. within the next few minutes or hours) plans to harm self, you or others?							
• Does the patient feel controlled or influenced by external forces?							
• Is there any suggestion, or does it appear likely, that the patient may try to avoid treatment e.g. abscond from an A&E Department?							
• Does the patient have a history of violence? *							
• Does the patient have a history of self-harm? *							
• Does the patient have a history of mental health problems or psychiatric illness? *							
• Does the patient appear to be experiencing any delusions or hallucinations?							
2. Appearance and behaviour				Yes	No		
• Is the patient obviously distressed, markedly anxious or highly aroused?							
• Is the patient behaving inappropriately to the situation?							
• Is the patient quiet and withdrawn?							
• Is the patient attentive and co-operative?							
3. Suicide risk screen - greater number of positive responses suggests greater level of risk							
	Y	N	?		Y	N	?
Previous self-harm *				Family history of suicide *			
Previous use of violent methods *				Unemployed/retired			
Suicide plan/expressed intent				Male gender			
Current suicidal thoughts/ideation				Separated/widowed/divorced			
Hopelessness/helplessness				Lack of social support			
Depression				Family concerned about risk			
Evidence of psychosis				Disengaged from services			
Alcohol and/or drug misuse				Poor adherence to psychiatric Tx			
Chronic physical illness/pain				Access to lethal means of harm			
Hospital discharge in last 7 days				Post natal depression/psychosis			

\*if unknown – answer 'yes'

A judgement of risk is determined by where the majority of responses are ticked  
If any **RED** responses are ticked the patient must be determined as VERY HIGH risk

LOW	MEDIUM	HIGH	VERY HIGH
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