## SUICIDE RISK Assessment And response

Managing phone consultations

Important personal circumstances that may increase the likelihood of a person thinking about suicide:



Recent major life events especially involving loss, humiliation.



"At risk" mental states especially hopelessness, despair, agitation, shame, guilt, anger, psychosis.



Expressing hopelessness.

You are concerned the person is distressed and want to keep them safe from harm. Ask the person: *"Have you been thinking of suicide?"* 

NO

If they respond **YES** and tell you they have the means to follow through (eg, pills, car, gun)

**YES** or you are feeling

concerned that they

may be suicidal.

(1) Acknowledge what they have shared.
(2) Bring empathy and genuine concern, let the person know – your wellbeing is important to me. *"I want you to know I am here to help you and I would like to know have you made any plans to suicide?"*

NO

## **HIGH RISK OF SUICIDE**

1

Alert and Action: Keep the person safe – don't let them be on their own call a colleague to assist you ring emergency services.

"I am concerned about your safety now and I want you to be safe, I don't want you to be alone."

## 2

## Collect location details to provide to Emergency service person.

- Mobile
- Home address
- Work address

Police can locate someone with just a mobile number. If they are alone. Let them know you will keep talking to them until someone arrives.

Confidentiality guidelines – even if the person says "No to help". When a person considers that the failure to disclose information could place the individual at serious risk of physical harm or death and disclosure is justified in order to avoid this risk. Work collaboratively with the suicidal person. Engage a colleague to standby to ring the suicide helplines.

3

Lifeline crisis support service is available 24/7 – 13 11 14 NSW Mental Health Line 1800 011 511 ACT: Mental Health Triage Service – 1800 629 354 or 02 6205 1065 Solicitor Outreach Service (SOS) Triage Suicida risk and

(SOS) Triage Suicide risk and support – 1800 592 296



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