**Co-morbid mental illness**

Screen for symptoms of mental disorders eg.

Depression: low mood, anhedonia, low energy, hopeless, worthless, guilty

Mania: grandiose ideas, thought disorder

Psychosis: particularly command hallucinations, delusions of control

*Mental state examination*

**Demographic and historical risk factors:**

Male

Age 40-54 and older adults

Drugs and alcohol

Social – low income, unemployed

or doctor/farmer

History of self harm

Isolation eg. single, widowed, separated

Physical illness or injury

Violence history

Family history

**Risk Profile**

1. Impulsive/planned
2. Precipitated by…
3. Regret or ongoing intent
4. Evidence of mental illness
5. Note any positive plans for the future

→ Risk low/mod/high – immediate and long term

Mx – any non mental health problems to address?

Ameliorate contributory factors

Maximise protective factors

**S**uicidal thoughts at time of self harm

**L**ethality of the episode

**I**ntent now

**P**rotective factors

**A**dverse factors