

SOS Risk Assessment Tool for GPs

Name:

DOB:

Date:

Risk Assessment must be attached to the SOS Service GP Referral Form sent to the SOS Provider

PRESENTING ISSUE	HIGH RISK	MODERATE RISK	LOW RISK
Suicide / self harm history - Previous attempts or exposure to attempts - Lethality	Family history of suicide; Previous/recent attempt/s of moderate-high lethality Current attempt of high lethality; Repeated self-harm	Multiple attempts of low lethality; Repeated threats; Infrequent self harm	Nil or vague thoughts; No recent attempt or 1 recent attempt of low lethality and low intentionality
Intent / Plan / Thoughts - Access to means - Clear plan - Evidence of clear intention - Suicidal thoughts	Continual / specific thoughts; Evidence of clear intention; Access to means; A well developed plan.	Frequent thoughts; A plan that is not fully developed; Potential access to means; Ambivalent desire to end their life.	Nil or vague thoughts; No real plan; No intention to end their life.
Long standing problems - History of mental illness - History of sexual/physical abuse or neglect - Domestic violence - Family breakdown, child custody issues - Financial difficulties, unemployment, homeless - Serious physical illness/disabilities - Developmental differences - Chronic pain or illness - Drug and/or alcohol abuse	<u>Several</u> factors in this list are present	<u>Some</u> factors in this list are present	<u>Nil or 1</u> factor in this list is present
Psychological factors - Depression / hopelessness / isolation / anger - Psychotic symptoms - Stressors in last 6 months (e.g. recent crisis, major loss or trauma, or anniversary) - Carer responsibilities	Severe depression; Command hallucinations or delusions about dying; Preoccupied with hopelessness, despair, feelings or worthlessness; Severe anger, hostility High level of stressors in last 6 months.	Moderate depression; Some sadness; Some symptoms of psychosis; Some feelings of hopelessness; Moderate anger, hostility; Moderate level of stressors in last 6 months	Nil or mild depression; Nil or mild sadness; No psychotic symptoms; Feels hopeful about the future; Nil/mild anger, hostility; Nil or mild stressors in last 6 months
Lack of strength & supports - Availability of supports - Stability of employment and relationships	Unemployed; Lack of supportive and stable relationships / hostile relationships; Others not available or unwilling / unable to help.	Employment either unstable or unsatisfying; Few relationships lacking stability; Others available but unwilling / unable to help consistently	Stable satisfying employment/study; Stable relationship/s; Support from others that are willing and able to help consistently
Other known risks / Additional Notes:	↓	↓	↓
RISK ASSESSMENT Crisis Services ACCESS Team: 1800 011 511 Police, Fire & Ambulance: 000 SOS Referral: 1800 223 365	Most of the Issues above rate in the High category. Refer to Crisis Services.	Most of the Issues above rate in the Moderate Category: Refer to SOS Service	Some of the Issues above rate in the Low category: Refer to SOS Service
	Some of the Issues above rate in the High category: Refer to SOS Service or Crisis Service if <u>immediate risk</u> is present.	Some of the Issues above rate in the Moderate category: Refer to SOS Service.	Most of the Issues above rate in the Low category: Refer to ATAPS, Medicare or Community Health Central Intake 1800 222 608 or Private services.

Wentworth Healthcare Limited (ABN 88 155 904 975) provider of the Nepean Blue Mountains PHN

SOS Service Patient Eligibility Criteria

Inclusion:

- People at low to moderate risk of suicide who have been discharged into the care of a general practitioner from hospital, including emergency departments or from a hospital/medical ward following an overnight admission after a suicide attempt;
- People who have expressed suicidal ideation;
- People who have presented to their GP after an incident of suicidal behaviour or acting out suicidal intention;
- People who have been assessed by the acute MHT as not in need of inpatient care or case management
- Aged 14+

Exclusion:

- People at high risk of suicide requiring immediate intervention
- People in the care of an existing public health service who present with long lasting and chronic mental health disorders
- People experiencing active psychotic features