

# Suicide

## Suicidal Ideation:

1. Are you currently having any thoughts of hurting yourself?
  - i) What makes you have such thoughts?
  - ii) Since how long have you been having this thought?
2. How often do you think about harming yourself?
  - i) Are the thoughts increasing in frequency and intensity?
  - ii) If yes, from when on?
  - iii) What is the sudden reason for the increase in intensity?
3. Do you spend lot of time thinking about harming yourself?
  - i) Can you tell me the thoughts that go inside your mind when you think of harming yourself
  - ii) Have you ever tried to control your harming thoughts?
4. How are you responding to the thoughts?
  - i) Do you dwell over your thoughts of harming yourself for long time?
  - ii) Have you tried to distract yourself from those thoughts?
  - i)

## Suicidal Plan:

1. Are you spending a lot of time planning how you would hurt yourself?
  - i) How many times a day do you think about dying?
  - ii) Have you thought about any specific plan?
  - iii) Do you have a specific date of when you would hurt yourself?
  - iv) Can you describe in detail about your plan
2. Is there anything that would hold you back? (e.g., family, friends, religious)

## Access to Plan:

1. Do you have access to your plan?
  - i) If yes, how do you get the access?

- ii) Where is the location where you can find your items for harming?
- iii) Do you have any alternate plan?

2. If plan involves an overdose

- i) what pills are you planning to take
- ii) where the pills are now
- iii) Have you been stockpiling pills?

**Previous attempts:**

1. Have you ever intentionally hurt yourself before?

- i) Have you indulged in any kinds of self harm before?
- ii) If yes what kind of?
- iii) What was the reason for it?

2. Have you made any previous suicide attempts?

- i) How many times?
- ii) If yes, why did you do it?
- iii) How did you execute it?
- iv) Who found you?
- v) Did you require any medical attention?

3. Did you try to hide the attempt from others?

- i) Who all knew about your past attempt?
- ii) Did your parents knew about it?
- iii) If yes, How did they react?

4. Was your aim to kill yourself or was it accidental?

- i) Did you try to punish someone?
- ii) Do you feel guilty about it?

5. How is your current self-harm plan similar or different to your past attempts?

**Hallucinations:**

1. Are you hearing any voices or seeing any visions telling you to harm or kill yourself?

- i) If yes, can you describe more in detail about it

- ii) What is the voice saying? or What is the vision?
  - iii) Whose voice is it?
- 2. When all do you hear the voice or see the image
  - i) How often does it come?
  - ii) Have you tried yo ignore it?
- 3. Are you receiving any messages (e.g., from internal or external sources radio or tv)?
  - i) How often is the voice or vision occurring?
  - i) Have you tried to ignore it?
- 4. Are others involved?
  - ii) Are your parents aware about it?
  - iii) Have you told any of your friends about it?
  - iv) How did they react?
- 5. How is the voice or vision making you feel?
  - i) Is it making you scared?
  - ii) Is it belittling you?

**Family/Network History:**

- 1. Have any of your family members or close friends or acquaintances completed suicide or made serious attempts?
  - i) If so, when? How did they commit suicide?
  - ii) Did they survive it?
  - iii) Who witnessed it first
  - iv) What was your feeling about it?
  - v) Were you able to accept it?
  - vi) Do you think it was right?
- 2. If no, does anyone in your family talk about suicide?
  - i) Who is it?
  - ii) Why does that person say that?
  - iii) How frequently will he/she talk about it?
- 3. How do you think your family will react if you do something like hurting yourself?
  - i) Did you think about your parents?
  - ii) How do you think they will react?
  - iii) Do you think they will feel guilty?
  - iv) Who all do you think will be affected by your act?

- v) What do you think will happen to your parents after you had hurt yourself?
- 4. Do you have any idea about life after death?
  - i) Have you ever thought on those lines in the past?
  - ii) What do you think will happen after the death?
  - iii) Can you imagine how the life will be for those around you after your death?

**Support:**

- 1. What kind of support resources do you require to handle the situation?
  - i) Are you ready to work it out than to self harm yourself?