

Talking about risk

If direct or indirect reference is made to risk it is important to ask explicit questions to establish nature and severity of the risk e.g. Are you having thoughts about ending your life /hurting someone else? Do you have thoughts about how you might act on this? Do you have access to the means? Do you feel you are at imminent risk of acting on these thoughts? Are you able to keep yourself safe until tomorrow?

What will help you keep yourself safe? Who else knows how you feel? Can we contact them to support you?

