

# Assessing for SELF-INJURY Risk

*Not all questions need to be asked– remember to stay with the visitor and listen to what is happening for them!*

Current Plan	Low	Medium	High
<ul style="list-style-type: none"> <li>Do they have a method in mind?</li> <li>Have they self-injured in the past? If yes, is this a new method?</li> <li>Are they self-injuring with the intention to die? (If yes, shift to Suicide Assessment)</li> </ul>			
Availability	Low	Medium	High
<ul style="list-style-type: none"> <li>Are they in a location/situation where they are able to self-injure?</li> <li>Do they have access to their method?</li> </ul>			
Lethality	Low	Medium	High
<ul style="list-style-type: none"> <li>How dangerous is their method? (can they self-injure safely?)</li> <li>Are they able to control the amount they self-injure?</li> <li><b>If they have already self-injured:</b> is the injury still bleeding? How serious do they think the injury is? Have they taken care of their injury?</li> </ul>			
Resources	Low	Medium	High
<ul style="list-style-type: none"> <li>What distractions &amp; coping tools do they have?</li> <li>Do they know how to care for their injuries (e.g. bandage their cuts)?</li> <li>If their injuries require extra medical care, are they willing and able to reach out for help (e.g. nurses hotline)?</li> </ul>			
Planning for Safety	Low	Medium	High
<ul style="list-style-type: none"> <li>What do they need to self-injure safely after the chat ends? Or, if they do not want to self-injure, to avoid self-injuring?</li> <li>Does anyone know about their self-injury and can they connect with that person for support?</li> <li>Will they reach out for help if their risk increases?</li> </ul>			
Overall Risk Assessment:	Low	Medium	High

# SELF-INJURY Risk Levels

<b>LOW</b>	<ul style="list-style-type: none"> <li>• Ambivalent about self-injuring</li> <li>• <b>Method</b> is not lethal; can and will care for injuries</li> <li>• May have or is open to other <b>coping tools and distractions</b></li> <li>• Willing and able to access <b>additional care/safety plan</b></li> </ul>
<b>MEDIUM</b>	<ul style="list-style-type: none"> <li>• Has a strong desire to self-injure and/or has already self-injured</li> <li>• <b>Method</b> is not lethal; can and will care for injuries</li> <li>• May have other <b>coping tools and distractions</b> but is ambivalent about utilizing tools</li> <li>• May be willing and able to access <b>additional care/safety plan</b></li> </ul>
<b>HIGH</b>	<ul style="list-style-type: none"> <li>• Has a strong desire to self-injure and/or has already self-injured</li> <li>• <b>Method</b> may be dangerous; is ambivalent about caring for injuries</li> <li>• Lacks other <b>coping tools and distractions</b> and/or does not want to utilize tools</li> <li>• Reluctant to access <b>additional care/safety plan</b></li> </ul>
<b>IMMINENT</b>	<p>If the visitor has serious/life-threatening injuries we must send an emergency intervention.</p> <p>*Please let a Youthspace Staff person know immediately!*</p>