

RISK

Crisis helplines:

Lincs: Crisis Resolution Home Treatment team; 0303 123 4000

Leics: Mental Health Central Access Point; 0808 800 3302

Notts: Crisis team; 0808 196 3779

Derby: Mental Health Helpline; 0800 028 0077

Northants: The Mental Health Number; 0800 448 0828

If non-urgent advice is needed at any stage, contact EMCAVS

Do you ever have **thoughts** of harming or killing yourself?

Yes

No

Have you made any **plans** to end your life?

Yes

No

No further action required

Have you started to make **preparations** to kill yourself (e.g. stockpiling medication, buying materials, planning out when and where)?

How likely is it that you will **act** on your thoughts of harming yourself, on **a scale from 0-10**?

What stops you from acting on the thoughts of harming/killing yourself? (**protective factors** e.g. family, friends, hope for the future)

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How likely is it that you will **act** on your thoughts of harming yourself, **on a scale from 0-10**?

Not likely to act on thoughts

Likely to act on thoughts imminently

Inform patient of how to get help in a crisis (if the thoughts become overwhelming and they feel they may act on them):

Crisis helpline in your area (see above)

Or **call 999**

Or **go to A&E** in an emergency

If on the phone:

Call 999 - Ask for a safe and well check on the person

Contact the **Crisis helpline** in your area (see above): inform them of your risk assessment and their answers

Inform patient of how to get help in a crisis (if the thoughts become overwhelming and they feel they may act on them):

Crisis helpline in your area (see above)

Can also **call 999**

Or **go to A&E** in an emergency

Continue to explore questions when next talking to the patient

Inform patient that you are going to notify their **GP** of what they have told you

Ask **GP** to continue to monitor

If face to face: Escort the person to **A&E**

If patient unwilling to go to A&E, **call 999** for emergency advice and support