

# Clinical Toolkit

## Clinical Tips: What to do with High Acute Risk of Suicide

If a risk assessment reveals that a young person has a high acute risk of suicide:

1. **Consider young person's immediate safety.**
  - a. Do not leave the young person alone.
  - b. Make sure environment is safe.
  - c. Get help – ambulance, police, crisis response team.
2. **Develop safety plan (if person doesn't have one).**
  - a. Proactively
  - b. Collaboratively
  - c. Communicate to appropriate people
  - d. Consider what has been helpful in the past
3. **Contact all involved in the person's care** (e.g. other or previous medical practitioners, crisis team, mental health service, hospital, family and friends, other supports) with consent as far as possible.
4. **Clearly explain your actions.**
5. **Do not agree to keep the suicide plan a secret.**
6. **Consider whether brief admission to a psychiatric inpatient service is needed.**
7. If unsure at any stage it is important **to seek advice from colleagues**, senior staff or specialist mental health services or clinicians. It is important to document these discussions and outcomes carefully.