# Appendix 1 – Information Gathering Conversation and Flowchart

If a young person's presentation/behaviour causes concern that they may have suicidal thoughts or intent, have an **Information Gathering Conversation**. Feel free to adapt the questions appropriate to the young person’s needs, and ask other relevant questions.

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| Tell me, is something troubling you (home, family, school, friends)? Or: I am aware that you have talked about xxx, tell me a bit more… How is this making you feel? |
| How often have you had these thoughts? |
| Are other people also worried about you? Who, why? |
| Have you ever felt like hurting yourself? Have you ever hurt yourself? |
| Have you ever felt like ending your life? |

If the answer is no, then you will **not** need to go on with the **suicide specific questions**, but you may wish to continue with **further questions** (see below), in particular if the young person is self-harming. The **general questions** at the end are likely to be appropriate for everyone.

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| How often do you think about suicide? How long have you been having suicidal thoughts?  When did you last think about suicide? Are you currently thinking of ending your life? |
| What makes you think of suicide (e.g. worries, fears, loss)? Have you ever made a suicide attempt? |
| What stops you acting on these thoughts? |
| Have you thought about how you would kill yourself/Do you have a plan? Do you have ways of taking your own life? (tablets, weapons, other?) |
| Is anyone aware that you think about suicide (family, friends, professionals)? |
| What helps to stop you thinking about taking your own life? |

Further questions:

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| Are you experiencing harm from others (bullying, threats, abuse)? |
| Do you use drugs or alcohol? Does this make you feel better or worse? |
| What helps to stop you thinking about harming yourself? |
| What helps to stop your self-harming behaviour from getting worse? |

General questions:

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| Are you getting support with your feelings (from family, friends or professionals)? |
| How are you feeling generally at the moment (mood, health, social life)? |
| What do you think needs to happen to improve the situation and make you feel better? (Do a safety plan – see section 5 – if appropriate). **Agree what will happen next.** |

**Medium or High Risk**

* Consult with/refer to CAMHS/Youth Team
* Inform GP, Children’s Services (if known), parents/carers (with agreement), MASH (if no co-operation)
* Consider social network
* Consider writing a safety plan

**Emergency Action**

* If suicidal actions (e.g. overdose) have been disclosed and medical attention has not been received, then arrange for YP to be medically assessed immediately)
* If non-suicidal but injuries have occurred, seek medical attention

**Standard Risk**

* Ensure ongoing support for young person, parent/carer and professionals
* Consider referral to Early Help Hub/Point 1/other services
* Consider social network
* Monitor and re-assess if concerns persist
* Step up to referral to CAMHS/Youth Team if risk of suicide rises

**Multi-agency meeting**

* Lead agency (CAMHS or Children’s Services) convenes multi-agency meeting to formulate risk management/safety plan
* Set date for reviewing plan

**Stage 1**

**Gather relevant information**

**Have an information gathering conversation (Appendix 1)**