

## Safety Assessment

Name \_\_\_\_\_ Date and Time \_\_\_\_\_

We would like to ask some questions to check out how safe you are at the moment.

1. You must have had a good reason for doing this (hurting self), how come this has happened now?
2. Have you done anything like this before? If yes, how was this useful to you before?
3. On a scale of nought to ten, with nought being you would harm yourself at the first opportunity and 10 being where you have no intention of harming yourself, how safe would you say you are?

10  
9  
8  
7  
6  
5  
4  
3  
2  
1  
0

4. What is happening right now that makes you say you are at this point?
5. What keeps you going right now? What are you doing to keep it there and stop it dropping down the scale?

Please turn to page 2

6. On a scale of nought to ten how able do you feel to get through the next few hours without harming yourself, with nought being you have no chance of not harming yourself and 10 being you feel you are able to keep yourself OK

10  
9  
8  
7  
6  
5  
4  
3  
2  
1  
0

7. What is happening right now that makes you say you are at this point?
8. What needs to happen for you to move closer to ten, even just one point higher?
9. What steps can you or others take to maintain or improve your safety?
10. Is there anything else that you think it's important for us to know (i.e. anything else we need to talk about at the moment)?

**Close the conversation with:**

**A** Acknowledge the issues your client is facing

**V** Validate a strength or coping mechanism they have shown / spoken about

**C** Compliment them on something they have done today / in this conversation

**T** Set a task if it seems appropriate to do so