

Suicide and Depression

Gather Information

A. Responses to Basic Questions or B. Presence of Signs or Symptoms

Assess Further

C. Assess for Depression

D. Assess Risk for Suicide

E. Physical Examination for Organic Disease

Problem Identification

F. Mild Depression

- acute identifiable situation
- transient in nature
- no high-risk behavior
- minor impairment in functioning
- low suicidal risk

G. Moderate/Severe Depression

- prolonged depressed mood
- diminished interest/pleasure
- significant weight loss or gain when not dieting
- insomnia or hypersomnia
- psychomotor agitation or retardation
- fatigue/energy loss
- feelings of worthlessness
- diminished ability to think or concentrate
- recurrent thoughts of death

H. High Risk for Suicide

- admits to suicidal intention
- has a plan formulated
- has associated comorbidity factors
- has access to firearms
- homosexual/bisexual orientation
- prior suicide attempt
- family history of suicide
- recent suicide in adolescent's environment
- impulsivity

Solutions

I. Supportive Counseling

- reinforce normal development
- encourage involvement in peer group activities
- encourage communication with family or trusted adult
- contract for ongoing follow-up and reassessment

J. Refer for Psychiatric Evaluation

K. Immediate Hospitalization and Psychiatric Evaluation

Adapted from Levenberg PB, Elster AB. *Guidelines for Adolescent Preventive Services (GAPS) Clinical Evaluation and Management Handbook*.1996. Chicago: American Medical Association.