

# Suicide risk assessment



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Suicide Risk Assessment We have all felt down in the dumps, or blue at some stage in our lives, being or feeling depressed, but it's when those feelings of depression creep into our lives enough to interfere with how we are, being able to disrupt us living our lives, interfering with our daily functions, then we have symptoms of a mental illness known as clinical depression. 19 million Americans are estimated to suffer from depression every year, and anyone can suffer from depression having nothing to do with one's age, gender, race or socioeconomic status.

Depression is a true medical illness, not a weakness or a character flaw. (PSY Web, n. b. ) When we talk about suicide, and what role depression plays, studies now show that older adults are at a higher risk due to social isolation, financial problems, illness, loneliness, sadness and fear. White Non-Hispanic men age 85 and older were most likely to die by suicide. They had a rate of 49.8 suicide deaths per 100,000 persons for this age group. (NIMH, n. b. )

Women may have a stronger support system, at least socially, whereas this may deter them from committing suicide. They are more prone to seek out help, whether it's psychiatric or medical, so their suicide rate is considerably lower than men's. Men face day to day challenges, and even though women do as well, their coping with things are different, based on stereotypes men have a higher rate of suicide over the age of 65 than women do, approximately 40 per 100,000.

This is speculated to be caused by work related problems, life events, and public humiliation, such as job loss or physical illness. (NIH, GOV, 2012) If I were responding to someone who is having difficulties with interpersonal style, which is the degree of which you care, or not care for others,

interacting with them, emotional regulation are when feelings & expressions of emotion are filtered to control how one feels, having the ability to control one's emotions which may govern the extent or quality of one's relationships and social interactions. r impulse control or ICD which is failure to resist a urge, impulse or temptation such as stealing, setting fires, gambling excesses anger and pulling out hair, I would start with one at a time, ask them pertinent questions pertaining to each issue, and address them. Starting with interpersonal style seeing how someone would interact with others, if they are angry and always agitated and uneasy, asking why they are or think they are that way, then ask them to participate in taking a IAS-R for a more accurate account of their personality. Pratt, Zeigler-Hill, 2007) As for their emotional regulation, I would use an ERQ to give me more insight helping me know better what I'm dealing with. ( Gratz, & Roemer, 2003) With the impulse control or ICD, I would try to find out why they seemly did what they did, (either steal, pull out their hair, start fires, or constantly angry and destructive), but they really would need to seek professional help, more than I'm capable of at this time. If there was someone who was threatening suicide in an overly dramatic way I would first talk to them, ask them, what's so bad that it can't be changed or dealt with?

I would listen to them, acknowledge them as most of the time, someone who talks about committing suicide is looking for help, looking for an alternative way out of something, I would try my best to be non-judgmental, and defiantly not dismiss their feelings. Now wouldn't be a good time to debate, or criticize them, nor dare them. These is a time to be a good listener, show empathy, and seek support and professional help for them immediately, and

if possible explain to them that there are alternatives as well as help for people out there, they just have to be open and accept it.

Everyone has bad times, gets depressed from time to time, but contemplating suicide is never the answer. With ever changing social roles in today's society, it's a wonder that the statistics of suicide aren't equal for both male and female. With everything going on in today's world, we need to take care of ourselves, and the people around us more than ever, and we need to be aware of both depression and suicide signs so we can be ready to lend a hand if need be. References: Carson, S. , MPH, Denneson, L. M. , PhD, Haney, M, E. , MD, Kansagara, D. , MD, MCR, Low, A. , BA, O'Neil, M, E.

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