Discussion 10

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In America eleventh leading cause of death is suicide and about 71% of counselors provide counseling to a client who attempts suicide. There are various methods of assessing suicide risk including Adult Suicidal Ideation Questionnaire, Comprehensive suicide risk assessment, Suicidal Ideation Scale, Beck Hopelessness Scale, Brief Reasons for Living Inventory and more. These tools are ineffective for the determination of suicide risk , however, they are useful to measure variables that are closely linked with suicide. For instance, Beck Hopelessness Scale (BHS) is designed as a self-report tool which measures the negative and positive perceptions regarding the future. Comprehensive suicide risk assessment examines the information through assessment tools or individual’s loved ones and interviews of the client. In addition, Brief Reasons for living inventory assess through the information regarding the reason for not killing oneself whenever such thoughts occur (“Chegg: Assessment Procedures for Counselors and Helping Professionals,” n.d.).

 Assessment is useful to measure the risk of suicide. However, it is crucial to understand the difference between risk factors and suicide warning signs to save client’s life. Risk factors include the characteristics of client that can increase the risk of suicide like substance abuse, family history of suicide, recent loses, age, race, and gender. On the other hand, warning signs include the behavior of the client like hopelessness, isolation, talking about self-harm and death, anxiety, and mood swings. It is easy to determine the warning signs of suicide however, it is difficult to measure the risk factors behind the suicidal ideation. This is because one factor can not increase or decrease the risk of suicide. There are numerous factors that change the psychological behavior of the person. Therefore, assessment of suicide risk is difficult because it requires evaluation of the combination of suicide warning signs along with its risk factors (“Zero Suicide - In Health and Behavioral Healthcare,” n.d.).

**References**

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