

Columbia-Suicide Severity Rating Scale - Past Month (CSSRS)

The next few questions will ask about your risk of self-harm.

For immediate support, please call 911 or visit your nearest emergency room or crisis center. If you are having thoughts of self-harm, it is important for you to schedule an immediate evaluation where a mental health professional can determine your safety.

Continue

In the past month...

Have you wished you were dead or wished you could go to sleep and not wake up?

Yes
 No

In the past month...

Have you actually had any thoughts of killing yourself?

Yes
 No

In the past month...

Have you been thinking about how you might do this?

Yes
 No

In the past month...

Have you had these thoughts and had some intention of acting on them?

Yes
 No

In the past month...

Have you started to work out or worked out the details of how to kill yourself? Did you intend to carry out this plan?

Yes
 No

In the past month...

Have you done anything, started to do anything, or prepared to do anything to end your life?

Yes
 No