

# An Approach to Identify and Manage Teens with Suicidal Ideation

Check for depression, anxiety and suicidal ideation.  
**Administer PHQ-9 and GAD-7** (screen all teens or use only when behavioral health complaints)

**Check response to PHQ-9, Q 9.** How often in the past 2-weeks have you been bothered with thoughts that you'd be better off dead, or of harming yourself?

Q9. Not at all

Q9. Several days, more than half, nearly every day

Symptoms of depression and/or anxiety are absent or mild

Diagnose moderate depression and/or anxiety

Assess for suicide risk w/**ASQ**

- Encourage self-care eg, exercise, mindfulness
- Teen proof home for firearms and medications

- **Start treatment** - therapy and/or meds.
- Follow-up with call in 2-weeks and visit for reassessment in 4-6 weeks.
- Develop home safety plan (remove lethal means, emergency communication plan)
- Provide information and encouragement for self-care
- Share community resources

Low Risk  
(no plan, protective factors present)

High Risk  
(recent thoughts, detailed plan, prior attempt, ppt event, little support)

- Ensure safety
- **Refer to intake**