

mhGAP: Integrating mental health into primary care

Chapter 1: Introduction to self-harm/suicide | Lesson 1: Recognizing self-harm and suicide

Warning signs for self-harm/suicide: Anna's view

The common presentations in the Intervention Guide indicate when to assess and manage a person for self-harm/suicide.

To assess if they are at imminent risk, ask about wider risk factors and protective factors. Observe any verbal or non-verbal warning signs. If they are at imminent risk, select the correct management protocol and psychosocial interventions to support them.