

## Foundations of Risk Assessment and Management eLearning module

### Suni's Risk Summary

Dynamic risks for Suni, in relation to suicide and vulnerability to self-neglect, include psychological distress from a recent marriage breakdown three weeks ago, daily use of alcohol and cannabis, limited finances, not attending casual employment shifts, and feelings of worthlessness. These occur on a background of static factors which include two previous episodes of depression following life stressors and a history of poor self-care and dependence on his previous partner.

Suni's protective factors include supportive friends who have been checking in regularly and providing practical support such as meals; although some of his friends promote his use of alcohol and drugs by using with him. Suni finds the company of his friends comforting most of the time and enjoys using substances with them – 'it's better than doing it alone'. Suni's employer has been flexible with work shifts in the past and sees Suni as a usually reliable employee. Suni has been able to bounce back from previous episodes of depression to resume his usual activities.

Suni's risks for suicide and self-neglect are higher than his baseline, due to his current depressive symptoms and increased use of alcohol and cannabis. They are higher than his previous episodes of depression, as his partner has left him and, in addition to feeling isolated, rejected and worthless, he does not have the practical support of his wife to look after his daily needs, including meal preparation.

Suni presents as similar to most people seen in our community service in terms of risk of suicide and self-neglect, as he is experiencing both poor mental health and acute distress and life stressors. Future factors that may increase risk include loss of employment, if his employer stops offering him shifts; and not having finances to pay his vehicle registration, which is due in a month's time.

Unknown factors that need to be explored include Suni's previous medication or psychological treatment and his response, and the likelihood that Suni may contact his wife to seek a reconciliation.