

Columbia Suicide Severity Rating Scale

We Level Up



Take Our Free Columbia Suicide Severity Rating Scale.

The Columbia Suicide Severity Rating Scale (C-SSRS) is a tool used to assess suicidal ideation and behavior. It helps clinicians and researchers determine the severity of an individual's suicidal thoughts and actions. The C-SSRS is often employed in clinical settings and research studies to evaluate and monitor suicide risk.

*By taking this free quiz, you may obtain your results online and in your email box. You'll have the opportunity to opt-in to learn more about your symptoms, talk to a mental health consultant and join our newsletter. Rest assured your information is private and confidential. Results, consultations and assessment are provided without any cost to you and without any obligation. If you do not wish to provide your contact information, you may omit it during your quiz. Thank you for opting in and participating. To you best of health.

Check the answer that identifies most of you

1. Name:

2. Phone:

Part A: Suicidal Ideation (Severity)

1. In the past month, have you wished you were dead?
 - a. Yes (1 point)
 - b. No (0 points)

2. In the past month, have you had thoughts of killing yourself?
 - a. Yes (1 point)
 - b. No (0 points)

3. In the past month, have you had the intention of acting on these thoughts?
 - a. Yes (1 point)
 - b. No (0 points)

Part B: Intensity of Ideation

4. How often have you had these thoughts in the past month?
 - a. Several times a Week (2 points)
 - b. Once a week (1 point)
 - c. Less than once a week (0 points)

5. How long do these thoughts typically last?
 - a. All Day (2 points)
 - b. Hours (1 point)
 - c. Seconds (0 points)

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6. Can you control these thoughts, or do they happen whether you want them to or not?
 - a. Can't Control (1 point)
 - b. Can Control (0 points)

Part C: Suicidal Behaviour

7. Have you ever made a suicide attempt?
 - a. Yes (1 point)
 - b. No (0 points)

8. Have you engaged in any self-harming behaviors without the intent to die?
 - a. Yes (1 point)
 - b. No (0 points)

Part D: Lethality of Suicide Attempt

9. How much harm did you actually do to yourself during your most recent suicide attempt?
 - a. Severe physical harm (3 points)
 - b. Moderate physical harm (2 points)
 - c. Minimal physical harm (1 point)
 - d. Strongly Disagree (0 points)

Check the results

0-3 points: Behavior not likely to result in injury

Your answers suggest that there is Little or No indication that you are experiencing symptoms common among people with Suicidal Ideation. However, this quiz is no substitute for a proper diagnosis from a health care professional and we would encourage you to schedule an appointment with your doctor or other mental health professional to address any concerns.

Interpretation of the C-SSRS involves considering the individual's responses in conjunction with clinical judgment. It doesn't produce a single numerical score or grade. Mental health

professionals use the information obtained to make informed decisions about the level of care and support needed for the individual.

4-7 points: Behavior likely to result in injury but not likely to cause death

Your answers suggest a Moderate indication that you are experiencing symptoms common among people with Suicidal Ideation. However, this quiz is no substitute for a proper diagnosis from a health care professional and we would encourage you to schedule an appointment with your doctor or other mental health professional to address any concerns.

Get a Free assessment, Free consultation, and Free answers to your questions 24/7. Without any obligation.

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8-9 points: Strong Indication of Suicide Ideation

Your answers suggest that there is a strong indication that you are experiencing symptoms common among people with Suicide Ideation. However, this quiz is no substitute for a proper diagnosis from a health care professional. We encourage you to schedule an appointment with your doctor or your mental health professional.

We Level Up treatment center provides world-class care with round-the-clock medical professionals available to help you cope.

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10-13 points: Behavior likely to result in death despite available medical care

Your answers suggest that there is a strong indication that you are experiencing symptoms common among people with Suicide Ideation. However, this quiz is no substitute for a proper diagnosis from a health care professional. We encourage you to schedule an appointment with your doctor or your mental health professional.

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