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## **Columbia Suicide Severity Rating Scale for Friends and Family-**

(designed for use by the lay public)

1. Have you wished you were dead or wished you could go to sleep and not wake up?
2. Have you actually had thoughts about killing yourself? (If yes, ask questions #3-6. If no, ask # 6.)
3. Have you thought about how you might do this?
4. Have you had any intention of acting on these thoughts of killing yourself, as opposed to you having the thoughts but you definitely would not act on them?
5. Have you started to work out or worked out the details of how to kill yourself?  
Do you intend to carry out this plan?
6. In the past 3 months, have you done anything, started to do anything, or prepared to do anything to end your life? (Always ask # 6)

Scoring: #3 'yes' = caution, recommended to see a mental health professional.

#s 4,5,6 'yes' = need for immediate help.

<https://www.youtube.com/watch?v=68abJo5KNB0>

<https://cssrs.columbia.edu/wp-content/uploads/Community-Card-Friends-and-Family-2020.pdf>