

APPENDIX C | SCRIPTS AND LANGUAGE BANKS

C.22 Assessing for Suicidal Ideation

Supplemental resource from Beyond Wellness: The Adaptive Capacity Coaching Framework for Chronic Illness

(When a client expresses hopelessness, always assess directly.)

Coach: “When you say you don't see the point, I want to make sure I understand what you mean. Are you having thoughts of harming yourself or ending your life?”

(If NO: “Thank you for being honest with me. I wanted to ask directly because I care about your safety.”)

(If YES or UNCLEAR:)

Coach: “I'm really glad you told me. I need to ask a few more questions to understand how you're doing. Do you have a plan for how you would harm yourself?”

(If they have a plan and means, this is a crisis. Stay on the line, contact emergency services if needed. Do not end the session until safety is established.)

Coach: “Your safety matters more than anything else we could work on. I want to help you get the support you need right now. Can we talk about who you can reach out to?”