

# Mental Health Risk Assessment Form

This **mental health risk assessment form** sample template provides a structured approach to identifying potential mental health risks in individuals. It helps professionals systematically evaluate symptoms, behaviors, and environmental factors to ensure timely and appropriate interventions. Utilizing this template enhances accuracy and supports comprehensive care planning.

## Client Information

**Name:**

**Date of Birth:**

**Assessment Date:**

**Assessor Name:**

## Presenting Symptoms & Behaviors

| Symptom/Behavior         | Observed?                           | Comments             |
|--------------------------|-------------------------------------|----------------------|
| Depressed mood           | No <input type="button" value="▼"/> | <input type="text"/> |
| Anxiety/Panic            | No <input type="button" value="▼"/> | <input type="text"/> |
| Irritability/Anger       | No <input type="button" value="▼"/> | <input type="text"/> |
| Hallucinations/Delusions | No <input type="button" value="▼"/> | <input type="text"/> |
| Disorganized behavior    | No <input type="button" value="▼"/> | <input type="text"/> |
| Withdrawal/Isolation     | No <input type="button" value="▼"/> | <input type="text"/> |

## Risk Factors

Suicidal ideation  Self-harm  Violence to others  Substance abuse  Homelessness

Legal issues

**Details/Comments:**

## Protective Factors

Family support  Supportive friends  Employment  Spiritual beliefs  Engaged in treatment

## Overall Risk Level

**Select:**

--Select--

**Summary/Justification:**

## Intervention Plan

**Recommended Actions:**

E.g., safety planning, referral to psychiatrist, inpatient admission, schedule follow-up

**Follow-Up Arrangements:**