

## Clinical Response in All Stages

### *High Priority*

- Screen for anxiety and depression with clinical tools (eg, Columbia Depression Scale)
- Reinforce patient–practitioner relationship
- Reiterate confidentiality agreement
- Treat or refer to treat coexisting mental health problems
- Reassess at all subsequent well-child or follow-up appointments
- Ask about suicidal ideation\*\* (*see below*)

### *Situation-dependent options:*

- Promote healthier alternatives for coping with negative feelings
- Provide ongoing case management and service coordination
- Refer family members and caretakers to community support services

## Stage 2

### *High Priority:*

- Refer for counseling
- or*
- Refer for care in specialized outpatient self-injury treatment program

### *Situation-dependent options:*

- Facilitate conversation with parents
- If necessary, delay decision about intervention until follow-up appointment 1-2 days later (with high probability for patient/family follow-through)

**\*\*If a teen endorses repeated thoughts of—or a plan for—suicide, assess patient safety and explore the need for emergency psychiatric consultation.**

## Stage 1

### *High Priority*

- Educate about community mental health resources
- Offer referral to counselor

### *Situation-dependent options*

- May postpone referral for counseling according to patient willingness
- Facilitate conversation with parents or caretakers if adolescent wishes

## Stage 3

### *High Priority*

- Facilitate conversation with parents or caretakers
- Assess safety

- Refer for counseling and psychiatric assessment; a moderate delay until counseling intake may be tolerable in many situations

*or*

- Refer for care in specialized outpatient self-injury treatment program

*or*

- Refer for care in specialized inpatient self-injury treatment program

## Stage 4

### *High Priority:*

- Facilitate conversation with parents or caretakers
- Refer for care in specialized inpatient self-injury treatment program
- Consider immediate psychiatric hospitalization