


























Sample Daily Follow-Up (1 week) after Risk Ideation or Behavior

This document is to be used with elementary- or middle-school aged-students as a follow-up tool.

| | | | | | |
|------|---|--|---|--|---|
| Date | I'm feeling better  | I'm feeling down, but I am OK  | I'm sad, but I don't want to hurt myself  | I'm having thoughts of hurting myself  | I hurt myself yesterday or today  |
| | 0 | 1 | 2 | 3 | 4 |
| | | | | | |
| Date | I'm feeling better  | I'm feeling down, but I am OK  | I'm sad, but I don't want to hurt myself  | I'm having thoughts of hurting myself  | I hurt myself yesterday or today  |
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| Date | I'm feeling better  | I'm feeling down, but I am OK  | I'm sad, but I don't want to hurt myself  | I'm having thoughts of hurting myself  | I hurt myself yesterday or today  |
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| | | | | | |