



**Psychiatrist's Assessment: Evaluation and Response to Suicidal Thoughts in Tom Stone**

The statistics about suicide are disquieting, yet unfamiliar to most populaces. Worldwide, a large number of people perish by suicide more than in wars and homicides combined in USA. Suicides have been ranked the 11<sup>th</sup> leading cause of death for a majority of individuals. This discussion examines the responses that a psychiatrist can give to Tom Stone; an individual with suicidal thoughts and how to help him recover.

People with suicidal thoughts have trouble tolerating and regulating their emotions. In response to Tom's request to sit next to me and hold my hand, I would accept it to give him a sense of connection. Suicidal people are usually mentally fragmented and doing this is a step towards them relieving their psychological pain and inspiring hope to them about the future. In response to his request for confidentiality, I would not entirely consent to the idea of secrecy though not bluntly. I would, however, establish an environment for trust and safety by allowing him to share his struggles and vent out. Verbal and non-verbal cues would come in handy to engage Tom in talking about his worries without being judgmental.

In response to an angry, suicidal Tom, I would express a need to hear him out. Taking him to another different room and offering a lending ear to him. Acknowledgment by him of such powerful feelings of despair is a step toward recovery (Hagen, Hjelmeland, & Knizek, 2017). Responding to Tom's will to give me a souvenir, I would thank him. However, I would, take the watch then later return it to his parents since it's against the code of conduct to receive gifts from patients. Tom's breakdown and grief is evidence of guilt. I would create a "haven" for him by reassuring him that all will be fine on his completion of the program. Therefore, the integration of the aforementioned responses is an ideal solution to deal with a suicidal individual. Winning Tom's confidence is key to allowing him to open up to you and aid him towards full

recovery. This will reduce the number of suicidal casualties in the country and propel towards a healthier nation. Causative agents should be thwarted.

## References

- Hagen, J., Hjelmeland, H., & Knizek, B. L. (2017). Relational Principles in the Care of Suicidal Inpatients: Experiences of Therapists and Mental Health Nurses. *Issues in mental health nursing*, 38(2), 99-106