



Collaborative Assessment and Management of Suicidality (CAMS)

CAMS is an evidence-based framework that helps clinicians and patients work together to understand what is driving suicidality and how to reduce it.

Common drivers of suicidality

Psychological pain

Hopelessness

Self-hate

Agitation

Interpersonal stress

How does it work?

1. Assessing suicidal risk and suffering collaboratively
2. Understanding what is driving suicidality
3. Developing a plan for stabilisation and safety
4. Targeting those drivers in treatment
5. Tracking progress over time



CAMS is not only about determining whether someone is at risk, but about understanding the psychological and contextual factors underlying suicidality and identifying what needs to change.

[Gain an in-depth understanding of this and other brief, evidence-based interventions at our upcoming International Expert Conference: "Brief Interventions That Make a Difference: Practical Approaches for Young People and Families". Click here.](#)