SUICIDE PREVENTION
RISK FACTORS

Mental Disorders, particularly mood, anxiety, and personality disorders and schizophrenia

Substance Abuse disorders

Hopelessness

History of Trauma or Abuse

Impulsive and/or Aggressive Behavior

Major Physical Illnesses

Family History of Suicide

Job or Financial Loss

Loss of Relationship
RISK FACTORS

Easy Access to Lethal Means
Local Clusters of Suicides
Lack of Social Supports/Isolated
Stigma Associated with Asking for Help
Lack of Health Care, especially mental health or substance abuse
Exposure to others who have dies by suicide (media or personal)
Cultural or Religious Beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
WARNING SIGNS

Feeling like they are a burden to others
Sleeping too little or too much
Acting anxious or agitated
Behaving recklessly
Increased use of alcohol or other drugs
Feelings of hopelessness
Talks about seeking revenge for someone causing them pain
Looking for “methods” online
Talking about wanting to die
Becoming isolated or withdrawing
Talking about being “trapped” or in unbearable pain
HOW TO HELP

Ask DIRECTLY if they are thinking about suicide
LISTEN...allow them to express themselves and accept their feelings
Do NOT be judgmental – do not debate if suicide is right or wrong, good or bad
Do NOT lecture the person on the value of life...focus on their present feelings
Get involved, show support, be available
Check in with them regularly, schedule times to meet and talk
Be patient...do not act shocked or upset
Do NOT be sworn to secrecy...seek support and help
HOW TO HELP

Take action...remove anything that they could use to harm themselves (guns, pills, etc.)
Get help from professionals that specialize in suicide prevention
Encourage them to talk to someone (clergy, therapist, doctor, crisis specialist)
Create a safety plan...what to do if they feel they are going to harm themselves
Teach them the risk factors and warning signs
Find a support group...knowing others have been in similar situations often helps

*www.suicidepreventionlifeline.org*
EMERGENCY

If it is an emergency and the person has suicidal thoughts, a plan, and means; you need to contact 911 or take them to the nearest emergency room immediately.