



# 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

# 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.**