

Suicide Prevention

Risk Factors

These are things that make someone at a higher risk of having suicidal ideation.

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

These are things people do when they are having suicidal thoughts or experiencing suicidal tendencies.

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

What do you?

Please remember that you are not a mental health professional and if you believe someone is suicidal contact a professional immediately. Don't be afraid to ask for help.

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.

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