

Warning Signs and Risk Factors for Suicide

(Information courtesy of *afsp.org*)

WARNING SIGNS

Talk	Behavior	Mood
<ul style="list-style-type: none">○ Being a burden to others○ Feeling trapped○ Experiencing unbearable pain○ Having no reason to live○ Killing themselves	<ul style="list-style-type: none">○ Increased use of alcohol or drugs○ Looking for a way to kill themselves, such as searching online materials or means○ Acting recklessly○ Withdrawing from activities○ Isolating from family and friends○ Sleeping too much or too little○ Visiting or calling people to say goodbye.○ Giving away prized possessions○ Aggression	<ul style="list-style-type: none">○ Depression○ Loss of interest○ Rage○ Irritability○ Humiliation○ Anxiety

RISK FACTORS

Health	Environmental	Historical
<ul style="list-style-type: none">○ Mental Health conditions<ul style="list-style-type: none">○ Depression○ Bipolar Disorder○ Schizophrenia○ Borderline or Antisocial Personality Disorder○ Conduct Disorder○ Psychotic Disorders or symptoms○ Anxiety Disorders○ Substance Use Disorders○ Serious or chronic health condition and/or pain	<ul style="list-style-type: none">○ Stressful life events (death, divorce, job loss)○ Prolonged stress factors (harassment, bullying, relationship problems, unemployment)○ Access to lethal means (firearms, sharps, prescription/OTC/illicit drugs, cleaning fluids)○ Exposure to another person's suicide	<ul style="list-style-type: none">○ Previous suicide attempts○ Family history of suicide attempts/completions○ Escalating self-harm behaviors

****Please talk to your loved one, ask about suicidal thoughts, take them seriously, remove lethal means, escort them to an ER, counseling service, or psychiatrist as soon as possible.**