

# Identifying the **Risk Factors** & **Warning Signs** of Suicide



## Warning Signs

- Talking about wanting to die or to kill oneself
- Searching for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or being in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious, agitated, or reckless
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Displaying extreme mood swings



- Family history of suicide and/or child maltreatment
- Previous suicide attempt(s)
- History of mental disorders, particularly clinical depression
- History of alcohol and substance abuse
- Cultural and religious beliefs (e.g., belief that suicide is noble resolution of a personal dilemma)
- Isolation, a feeling of being cut off from other people
- Barriers to accessing mental health treatment
- Loss (relational, social, work, or financial)
- Easy access to lethal methods
- Unwillingness to seek help because of the stigma attached to mental health and substance abuse disorders or to suicidal thoughts

## Risk Factors