

SUICIDE AWARENESS, PREVENTION AND RESPONSE

Risk Factors and Warning Signs:

May include but not limited to the following:

RISK FACTORS	Warning Signs
<ul style="list-style-type: none"> • Behavioral Health Issues/Disorders: <ul style="list-style-type: none"> - Depression. - Substance abuse or dependence. - Previous suicide attempts. - Self injury. • Personal Characteristics: <ul style="list-style-type: none"> - Hopelessness/Low self-esteem. - Loneliness/Social alienation/isolation/lack of belonging. - Poor problem-solving or coping skills. - Impulsivity/Risk-taking/recklessness. • Adverse/Stressful Life Circumstances: <ul style="list-style-type: none"> - Interpersonal difficulties or losses. - Disciplinary or legal problems. - Bullying (victim or perpetrator). - School or work issues. - Physical, sexual or psychological abuse. Exposure to peer suicide. • Family Characteristics: <ul style="list-style-type: none"> - Family history of suicide or suicidal behavior. - Family mental health problems. - Divorce/Death of parent/guardian. - Parental-Child relationship. 	<ul style="list-style-type: none"> • Expressions such as hopelessness, rage, anger, seeking revenge, feeling trapped, anxiety, agitation, no reason to live or sense of purpose. • Recklessness or risky behavior. • Increased alcohol or drug use. • Withdrawal from friends, family, or society. • Dramatic mood changes.
<p><i>Warning signs and factors can occur in isolation or in combination.</i></p>	

Crisis Intervention Help Line

1-877-9WE-HELP
(1-877-993-4357)