



Risk Factors

- Prior suicide attempt(s)
- History of mood disorder
- Alcohol or drug abuse
- Family history of trauma, suicide, and/or violence
- Feeling alone
- Impulsivity
- Events or recent losses leading to humiliation, shame, and/or despair
- Irritability, agitation, aggression
- Chronic pain, major physical illness or recent life-threatening diagnosis
- Insomnia
- Brain injury
- Perceived burden on others
- Exposure to suicide in the community, social circles, or the media



Protective Factors

- Sense of connectedness and/or responsibility to family
- Feeling of control in their own life
- Life satisfaction
- School and community belongingness
- Coping skills
- Problem solving skills
- Ability to tolerate frustration
- Strong therapeutic relationship with a trusted provider
- Reality testing ability
- Spirituality
- Regular school attendance and academic performance



Warning Signs

- Threatening to hurt or kill oneself or talking about it
- Seeking means to kill oneself
- Hopelessness and/or purposelessness- no reason for living
- Giving away belongings of importance
- Irritability, agitation, aggression
- Insomnia or sleep disturbance
- Increased alcohol or drug use
- Withdrawing from friends, family, and society
- Rage, uncontrolled anger, seeking revenge
- Acting reckless or engaging in high risk activities, seemingly without thinking
- Dramatic mood changes
- Feeling trapped- like there's no way out