

# SUICIDE

There is no single cause to suicide. It most often occurs when stressors exceed current coping abilities of someone suffering from a mental health condition. Death by suicide is always a tragic event. It can trigger a host of complicated and confusing emotions.

## Warning Signs:

Call 9-1-1 or seek immediate help from a mental health provider when you hear or see any one of these behaviors:

- Someone threatening to hurt or kill themselves
- Someone looking for ways to kill themselves: seeking access to pills, weapons, or other means
- Someone talking or writing about death, dying, or suicide

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## Risk Factors:

Risk factors are stressful events, situations, and/or conditions that are associated with greater potential for suicide and suicidal behavior. According to the Surgeon General, these include but are not limited to:

- Alcohol and/or substance use disorders
- Past suicide attempts
- Traumatic loss, including suicide loss
- Impulsive and or aggressive tendencies
- Easy access to lethal methods, especially guns
- Chronic pain, illness
- Perceived burdensomeness
- Lack of social support/isolation
- Significant disappointment, humiliation, or loss of status (e.g. break up, arrest)