

SUICIDE PREVENTION

988 • 800-562-8909 • 606-324-1141

There's no single cause for suicide. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety, and substance use problems, especially when unaddressed, increase risk for suicide. Yet it's important to note that most people who actively manage their mental health conditions go on to engage in life.

There may be suicide warning signs exhibited in talk, behavior, or mood.

TALK

If a person talks about:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

BEHAVIOR

Behaviors that may signal risk, especially if related to a painful event, loss, or change:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for methods
- 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
- Fatigue

MOOD

People who are considering suicide often display one or more of the following moods:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement

There are also risk factors associated with suicide that include health factors, environmental factors, and historical factors.

HEALTH FACTORS

- Mental health conditions
 - Depression
 - Substance use problems
 - Bipolar disorder
 - Schizophrenia
 - Poor relationships, mood changes, personality traits of aggression
 - Conduct disorder
 - Anxiety disorders
- Serious physical health conditions including pain
- Traumatic brain injury

ENVIRONMENTAL FACTORS

- Access to lethal means including firearms and drugs
- Prolonged stress, such as harassment, bullying, relationship problems or unemployment
- Stressful life events, like rejection, divorce, financial crisis, other life transitions or loss
- Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide

HISTORICAL FACTORS

- Previous suicide attempts
- Family history of suicide, childhood abuse, neglect, or trauma

According to the American Foundation for Suicide Prevention, 90 percent of people who die by suicide have a mental disorder at the time of their deaths. Pathways offers treatment and therapy that can help the underlying issues that put people at risk for suicide.

Suicide prevention starts with everyday heroes!

