

SUICIDE PREVENTION FOR FAMILIES

RISK FACTORS AND WARNING SIGNS

Warning Signs:

- Talking about killing themselves
- Feeling hopeless
- Making comments about having no reason to live
- Feeling like a burden
- Feeling trapped
- Using drugs or alcohol
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Telling others goodbye
- Giving away prized possessions
- Aggression
- Fatigue
- Showing signs of: Depression or Anxiety
- Loss of interest in normal activities
- Irritability
- Humiliation/Shame
- Agitation/Anger

Risk Factors:

- Mental health conditions (Depression, Bipolar, Anxiety, Mood Disorders)
- Aggression
- Frequent mood changes
- Serious physical health conditions including pain
- Traumatic brain injury
- Access to lethal means
- Prolonged stress
- Stressful life events
- Exposure to another suicide, or to graphic or sensationalized accounts of suicide
- Previous attempts
- Family history of suicide
- Abuse, neglect or trauma
- Poor Relationships

What to Say and Do

- Stay Calm and talk with your child
- Remove any dangerous items from the home (weapons, medications)
- Stay with your child (do not leave them alone)

In the event of an emergency:

Call 911 or take your child to the nearest emergency room.

Call the National Suicide Hotline at 1-800-273-8255