



Cheat Sheet: Suicide Risk Factors

Introduction

Risk Factors for suicide are those things about a person and their circumstances (many of which they have no control over) that statistically make them more predisposed to attempt suicide. They are different than warning signs which are specific behaviors which may indicate a person is contemplating suicide. It is important to consider both the warning signs (which are current and specific to an individual) and the risk factors (which are historic and based on a person's circumstances and experiences) when assessing the risk of suicide.

Risk Factors

- **#1 risk factor is prior suicide attempts**
- Personal characteristics which can be risk factors:
 - Poor coping and problem-solving skills
 - Impulsivity
 - Instability
 - Easily Agitated
 - Panic / Anxiety
 - Relational Conflict
 - Aggressiveness / Violence
- Demographic Risk Factors
 - Females more likely to try, Men more likely to die
 - White or Native American
 - Physical Illness or Disability
 - Homosexuality
- Circumstantial Risk Factors
 - Alcohol/Substance Abuse
 - Family history of suicide
 - Family history of violence or abuse
 - Partner conflict
 - Firearms in home
 - Lack of strong family and social ties

**IF YOU OR SOMEONE YOU KNOW IS CONSIDERING SUICIDE,
PLEASE CALL THE NATIONAL SUICIDE PREVENTION LIFELINE AT
1-800-273-TALK (8255)**

Hope 4 Hurting Kids Cheat Sheets are one page resources designed to provide a high-level overview of the topic covered. They are not intended as a comprehensive resource, and we encourage you to check out <http://Hope4HurtingKids.com> for more information.