

Creating Safety and Trust

SUICIDE RISK FACTORS AND INTERVENTIONS



BUILD CONNECTIONS BY SIMPLY ASKING

Just asking the questions is a positive action. When we ask a student or a friend how they're doing, it signals that someone cares about them.

This simple action promotes connectedness – a critical protective factor against suicide and violence.

BEHAVIOR

- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little

MOOD

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

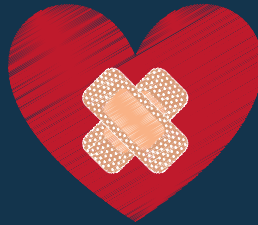
PROPERLY ASSESSING A PERSON'S RISK FOR SUICIDE HELPS EVERYONE IN THE COMMUNITY

DETERMINE NEXT STEPS AND SAVE LIVES. THE C-SSRS HELPS TO COORDINATE PREVENTION AND CRISIS RESPONSE EFFORTS.

Using a common language to cope with crisis helps to:
REDUCE ANXIETY IN TEACHERS, COACHES, FIRST RESPONDERS AND PEERS.

Suicide is the **#1 cause of death** among **adolescent girls** globally
(WHO)

Suicide is the **#2 cause of death** among U.S. **10-24 year olds**
(CDC, 2016)



HEALTH FACTORS

Mental health conditions

Depression

Substance use problems

Bipolar disorder

Schizophrenia

Personality traits of aggression, mood changes and poor relationships

Conduct disorder

Anxiety disorders

Serious physical health conditions including pain

ENVIRONMENTAL RISK FACTORS

Access to lethal means including firearms and drugs

Prolonged stress, such as harassment, bullying, relationship transitions.

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

REDUCE THE STIGMA OF MENTAL ILLNESS

Social stigma and discrimination can make mental health problems worse and stop a person from getting the help they need.



afsp.org for more tips

