



WHAT ARE THE risk factors for suicide?

According to the CDC, a combination of situations can contribute to the development of suicidal thinking. This is especially true if someone is experiencing a crisis. Risk factors can increase the likelihood of suicide but may not be a direct cause. Risk factors for suicide include, but are not limited to:

INDIVIDUAL:

- Previous suicide attempt
- Mental illness such as depression
- Social isolation
- Substance use disorder
- Job problems or loss
- Impulsive or aggressive tendencies

RELATIONSHIP:

- Adverse childhood experiences, such as child abuse and neglect
- Bullying
- Family history of suicide
- Sexual violence
- Intimate partner problem

COMMUNITY:

- Barriers to accessing health care

SOCIETAL:

- Stigma associated with mental illness or help-seeking
- Easy access to lethal means among people at risk (e.g., firearms, medications)

