

Risk Factors and Warning Signs : What to Look For

Risk Factors:

- Family history of suicide
- Chronic pain
- Trauma
- Previous Suicide attempt
- Substance abuse
- Barriers to Mental Health treatment (Financial, stigma, etc.)
- Loss
- History of depression and other mental illnesses
- Criminal/legal problems
- Impulsive or aggressive tendencies
- Hopelessness

Warning Signs:

- Talking about suicide, pain, or being a burden
- Preoccupation with death
- Behavior changes (sleeping too much or too little, withdrawal, giving away possessions)
- Increased Anxiety/Depression
- Increased anger or rage
- Extreme mood swings
- Making plans for suicide

Risk factors and warning signs. American Foundation for Suicide Prevention. (2023, July 10). <https://afsp.org/>

Risk and Protective Factors. Centers for Disease Control and Prevention. (2022, November 2) [Risk and Protective Factors | Suicide | CDC](#)