

# Suicide Prevention

Risk Factors & Warning Signs

# People who die by suicide can have typical behavior.



**Chester Bennington**

**Bought a family home just before suicide**



**Anthony Bourdain**

**Was filming "Parts Unknown"**



**Kate Spade**

**Husband said she sounded happy**

# Recently in the news

"I didn't tell anybody about what I was going through, because you're embarrassed,"



**Brian Mauer**

# Effects of Covid - 19

## Major Risk Factors


- Economic Stress
- Social Isolation
- Decreased access to religious activities
- Increased gun sales

# Loneliness

According to a 2018 national survey by Cigna, loneliness levels have reached an all-time high, with nearly half of 20,000 U.S. adults reporting they sometimes or always feel alone. Forty percent of survey participants also reported they sometimes or always feel that their relationships are not meaningful and that they feel isolated.



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INDIVIDUALS WITH A  
SUBSTANCE USE  
DISORDER ARE SIX  
TIMES AS LIKELY TO  
ATTEMPT SUICIDE AT  
SOME POINT IN THEIR  
LIFE

[psychiatrictimes.org](http://psychiatrictimes.org)



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AMONG VETERANS,  
MEN WITH A  
SUBSTANCE ABUSE  
DISORDER ARE MORE  
THAN TWICE AS LIKELY  
TO FALL VICTIM TO  
SUICIDE

[socialworktoday.com](http://socialworktoday.com)

OPIOID USE IS  
ASSOCIATED  
WITH A 40 –  
60%  
INCREASED  
LIKELIHOOD  
OF SUICIDAL  
THOUGHT

AND A 75%  
INCREASED  
LIKELIHOOD  
OF SUICIDAL  
ATTEMPT

A 3D rendering of the number '75%' in a bright green color, set against a white background. The numbers are thick and have a slight shadow, giving them a three-dimensional appearance. The percentage sign is also rendered in the same 3D style.

[nimh.nih.gov](http://nimh.nih.gov)



# Additional Risk Factors

- Depression
- Mood Disorders
- Substance Abuse Disorder
- Access to Firearms
- Rejection
- Childhood Trauma
- Suicide of Family Member or a Friend

# Warning Signs

- Talking about feeling hopeless
- Talking about being a burden to others
- Increased use of alcohol or drugs
- Withdrawing from family and friends
- Agression
- Feeling depressed
- Sudden feeling of relief

# There's no single cause of suicide

- Suicide most often occurs when stress and health issues converge
- Which creates a feeling of hopelessness and despair
- When unaddressed increase the risk of suicide.
- Depression is the most common condition with suicide
- It is often undiagnosed and untreated.

# It's not rocket science

- Decreasing depression should decrease suicide.
- A study from the island of Gotland, Sweden, found that when primary care physicians were trained to identify and treat depression in their patients, the suicide rate of islanders went down (Rihmer, Rutz, & Pihlgren, 1995).

# Protective Factors

- Coping Skills
- Access to health care
- Strong connections to family and friends
- Sobriety
- Optimism
- Impulse Control
- Volunteering
- Responsibilities to others
- PETS!!

# So what can we do?

- Increase protective factors
- Give people purpose
- Encourage
- Connect
- Inspire

Increasing protective factors can serve to decrease suicide risk. Strengthening these factors should be an ongoing process to increase resiliency during the presence of increased risk factors or other stressful situations. [wmich.edu.com](http://wmich.edu.com)

# If you think someone is thinking about suicide

- Ask them if they are thinking about suicide
- Don't leave them alone
- Offer to call their therapist and make an appointment
- Call mobile crisis 865-481-6175
- Call 911
- Call Suicide Prevention Lifeline
- 1-800-273-8255
- Text "TN" to 741741

# DO NOT

- Ask if they are about to do something stupid
- Tell them “that’s crazy talk”
- Leave them alone



**I think suicide is sort of like cancer was 50 years ago. People don't want to talk about it, they don't want to know about it. People are frightened of it, and they don't understand, when actually these issues are medically treatable.**

*-Judy Collins*