

Signs of Suicide Risk

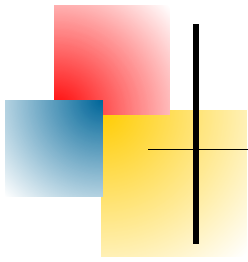
Suicide is the planned **action** that a person takes when they **feel** that death is the only answer to their emotional or physical pain, stress or problems. Death is the escape. There are many reasons why someone will complete suicide. The **feelings** surrounding these reasons are usually more important than the reasons themselves.

Risk Factors that Contribute to Suicidal Thoughts and Feelings

1. Having to cope with a serious physical or mental illness.
2. Excessive use of alcohol, illegal and/or prescription drugs and/or other substances.
3. Experienced a traumatic event or major loss(es).
4. Recent suicide of a relative or friend, or family history of suicide.
5. Currently or recently coping with abuse, family violence, rape.
6. Previous suicide attempts.
7. Major life change or series of changes (birth of a child, retirement, moving).
8. Gay/Lesbian/Bisexual issues.
9. The aging process, loss of freedom, loneliness, and social isolation.
10. Peer pressure, low self-esteem, and self-inflicted harm.

The Suicide Resource Group, Wellington-Dufferin is dedicated to the reduction of suicide and suicidal behaviour and its impact on individuals, families, and communities.

If you find this fact sheet useful, please feel free to make copies and pass it along to others.
For more information about the Suicide Resource Group, please call 519-766-4450 x231



Signs of Suicide Risk Continued. . .

Mental Health Risk Factors that Contribute to Suicidal Thoughts and Feelings

1. Depression: feelings of hopelessness/helplessness, despair, excessive crying, poor concentration, loss of meaning/pleasure in life, tendency to avoid people, change in eating, sleeping and activity levels.
2. Extreme anxiety: irritability, tension, agitation, restlessness, and fearfulness.
3. Anorexia, bulimia, binge eating.
4. Schizophrenia, bi-polar disorder, dementia.

Suicide Warning Signs

Suicidal thoughts are very painful and take up a great deal of energy. Awareness of the warning signs can lead to getting help sooner. Be alert to sudden changes in behaviour that are significant and that are noticeable in all or most areas of a person's life. Some of the warning signs are listed below:

- Suicide threats
- Self-harming actions
- Previous suicide attempts
- Talking and joking about suicide
- Major personality changes, moodiness
- Preoccupation with the theme of death and dying
- Expressions of helplessness, hopelessness and desperation
- Giving away possessions to family and friends and making a Will
- Collection and discussion of information around various suicide methods
- Acting out of character, sudden changes in behaviour (either positively or negatively)