



SUICIDE PREVENTION

Suicide Risk Factors

Risk factors are behaviors and outside influences that make it more likely a person may think about or act on suicidal thoughts. Risk factors relate to things that are going on with the person — things that may or may not be visible to others. Some of the most common risk factors for suicide are:

- Relationship issues
- Legal or administrative problems
- Mental health disorder
- Financial problems
- Alcohol, drug or substance abuse
- Feeling like a burden to others
- Believing others would be better off without you
- Lacking a sense of belonging to a group
- Severe, prolonged or overwhelming stress
- Feeling hopeless or helpless — with no way out
- Sense of powerlessness
- Lack of social support
- Social isolation
- Work problems
- Acting recklessly or impulsively
- Significant sleep problems
- Having a firearm in the home
- History of prior suicide attempt(s)
- Family history of suicide
- History of abuse
- Serious medical problem(s)
- Significant loss(es)
- Setbacks or failures
- Transitions (retirement, PCS, discharge)
- Chronic pain