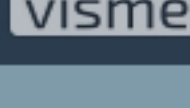


RISK FACTORS



History of depression and other mood disorders



Past suicide attempts; Family history of suicide



Major physical illness



Job, financial, school or legal problems



Easy access to lethal means



Impulsive and/or aggressive tendencies



History of trauma or abuse



Severe, prolonged, or perceived unmanageable stress and/or anxiety



Lack of social support and sense of isolation



Life transitions such as retirement, permanent change of station, or change in job or work duties



Alcohol and other substance use disorders



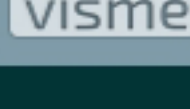
Loss of relationship or significant personal loss



Hopelessness



Feeling like a burden to others, helplessness



Know the SUICIDE WARNING SIGNS!

WARNING SIGNS



I Ideation

Thoughts of suicide (expressed, threatened, written).

S Substance Abuse

Increased or excessive alcohol or drug use.

P Purposelessness

Seeing no reason for living, having no sense of meaning or purpose in life.

A Anxiety

Anxiousness, agitation, nightmares, inability to sleep or excessive sleeping.

T Trapped

Feeling as though there is no way out of current circumstances.

H Hopelessness

Feeling hopeless about oneself, others or the future.

W Withdrawal

Isolating from friends, family, usual activities, society.

A Anger

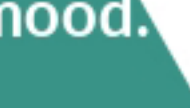
Feelings of rage or uncontrollable anger, seeking revenge for perceived wrongs.

R Recklessness

Acting without regard for consequences, excessively risky behavior.

M Mood Change

Dramatic changes in mood, unstable mood.



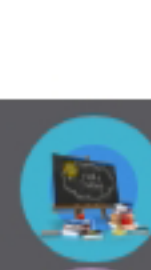
SOURCES

American Association of Suicidology. (2013). Risk Factors for Suicide and Suicidal Behaviors.

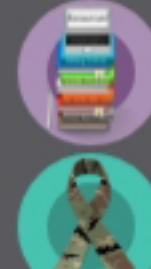
Rudd, M.D., Berman, A.L., Joiner, T.E., Nock, M.K., Silverman, M.M., Mandrusiak, M., Van Orden, K., & Witte, T. (2006).

Warning signs for suicide: Theory, research, and clinical applications. Suicide and Life-Threatening Behavior, 36(3), 255-262. doi:10.1521/suli.2006.36.3.255

CREATED BY: Center for Deployment Psychology



Find a Training



Resources



Military Culture

