

SUICIDE PROTECTIVE FACTORS

- Effective coping and problem-solving skills
- Reasons for living (e.g., family, friends, pets, etc.)
- Strong sense of cultural identity

Individual



SUICIDE RISK FACTORS

- Previous suicide attempt
- History of depression/mental illness
- Serious illness such as chronic pain
- Criminal/legal problems
- Job/financial problems or loss
- Impulsive or aggressive tendencies
- Substance use
- Current or prior history of ACEs
- Sense of hopelessness
- Violence victimization and/or perpetration

- Support from partners, friends, and family
- Feeling connected to others

Relationship



- Bullying
- Family/loved one's history of suicide
- Loss of relationships
- High conflict or violent relationships
- Social isolation

- Feeling connected to school, community, and other social institutions
- Availability of consistent and high quality physical and behavioral healthcare

Community



- Lack of access to healthcare
- Suicide cluster in the community
- Stress of acculturation
- Community violence
- Historical trauma
- Discrimination

- Reduced access to lethal means of suicide among people at risk
- Cultural, religious, or moral objections to suicide

Societal



- Stigma associated with help-seeking and mental illness
- Easy access to lethal means of suicide among people at risk
- Unsafe media portrayals of suicide

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