

# Risk Factors & Warning Signs

## Risk Factors

Depression, bipolar disorder, or other mental illness

Significant loss (divorce, death, loss of health, separation, break-ups, loss of respect)

Pressure to succeed

Family problems

Poor self esteem

Family history of suicidal behavior

Someone close to individual has completed suicide

## Warning Signs

Talking about suicide, death, or preoccupation with dying

Trouble eating or sleeping (sleeping all the time, unable to sleep at all, not able to eat or overeating)

Significant changes in behavior and/or personality

Withdrawing from family and friends

Loss of interest in activities, work, school, hobbies, or social interactions

Giving away prized possessions

Previous suicide attempts

Increased drug and/or alcohol use

Statements about hopelessness, or worthlessness

Taking unnecessary risks

Sudden happiness or calmness following a depressed mood

Obsession with suicidal means (guns, knives, hanging materials)

Problems in school or work performance

Chronic pain or frequent complaints of physical symptoms

An inability to concentrate, trouble remembering things