Warning Signs
• Threatening to hurt or kill self
• Looking for ways to kill self; seeking access to pills, weapons or other means
• Talking or writing about death, dying or suicide

Warning signs that a Personal Safety Agreement needs to be completed & precautions need to be put into place
• Hopelessness
• Rage, anger, seeking revenge
• Acting reckless or engaging in risky activities, seemingly without thinking
• Feeling trapped – like there’s no way out
• Increasing alcohol or drug abuse
• Withdrawing from friends, family or society
• Anxiety, agitation, unable to sleep or sleeping all the time
• Dramatic changes in mood
• No reason for living, no sense of purpose in life

Factors that may increase a person’s risk for suicide include:
• Current ideation, intent, plan, access to means
• Previous suicide attempt or attempts
• Alcohol / Substance abuse
• Current or previous history of psychiatric diagnosis
• Impulsivity and poor self-control
• Hopelessness – presence, duration, severity
• Recent losses – physical, financial, personal
• Recent discharge from an inpatient psychiatric unit
• Family history of suicide
• History of abuse (physical, sexual or emotional)
• Co-morbid health problems, especially a newly diagnosed problem
• Age, gender, race (elderly or young adult, unmarried, white, male, living alone)
• Same- sex sexual orientation

Factors that may decrease the risk for suicide are also called protective factors. These include:
• Positive social support
• Spirituality
• Sense of responsibility to family
• Children in the home, pregnancy
• Life satisfaction
• Reality testing ability
• Positive coping skills
• Positive problem-solving skills
• Positive therapeutic relationship