

Suicide Warning Signs

The following factors have been found to be related to the presence of suicidal behavior. No single risk factor can be used to fully assess risk.

- Threats to hurt or kill self
- Previous suicide attempts
- Searching for means of suicide (pills, weapons, or other methods)
- Preoccupation with death and dying
- Recent losses
- Hopelessness
- Dramatic changes in mood
- Substance abuse (especially increasing use)
- Feeling as if there are no solutions to problems
- Withdrawing from social relationships
- Unable to sleep or sleeping all the time
- Family history of suicide
- Impulsivity or poor self-control
- Health problems (especially new diagnoses and worsening symptoms)
- History of psychiatric diagnoses