

SUICIDE AWARENESS



HIGH RISK FACTORS

Loss of loved one
Terminal illness
Feeling alone or hopeless
Depression
Legal problems
To escape pain
Stagnate career
Love triangle
Killed someone
Fear/anticipation of arrest
Sexual accusations
Secret behavior of shame
Divorce/loss of relationship
Wanting to punish self or others
Mental health disorders

WARNING SIGNS

Changes in personality
Changes in behavior
Sleep disturbance
Changes in eating habits
Fear of losing control
Talking about death
Giving things away
Arranging personal affairs
Alcohol or substance abuse
Aggressive or bullying behavior
Family history of suicide/violence

INTERVENTION & PREVENTION TECHNIQUES

Remain calm	Listen and stay close
Ask the question	Emphasize they are not alone
Help define the problem(s)	Do not remain the only person helping

This content is provided as a support resource and is not intended to replace recommendations from a physician or licensed mental health professional. Dial 911 for life threatening events.



We are here to help.

thecounselingteam.com | 800.222.9691

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