

# Suicide Warning Signs

The following factors have been found to be related to the presence of suicidal behaviour. 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