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