

## Suicide Prevention Month

**We can all help prevent suicide.**

September is National Suicide Prevention Month, a time to raise awareness about suicide and how we can take part in prevention.

Learning the **risk factors** and **warning signs** of a potential suicide attempt can save lives.

### RISK FACTORS

*These characteristics increase the likelihood of suicide but aren't necessarily direct causes.* (CDC, AFSP)

- Previous suicide attempt
- Family history of suicide
- History of trauma or abuse
- Mental illness
- Social isolation
- Impulsive or aggressive tendencies
- Stressful life events
- Serious physical illness
- Substance use disorder
- Access to lethal means

### WARNING SIGNS

*Most people who take their lives exhibit one or more changes in talk, mood and/or behavior.* (AFSP, Suicide Prevention Lifeline)

- Talking about wanting to die or to kill themselves
- Talking about having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Extreme mood swings
- Increase in depression or anxiety
- Looking for a way to end their lives, such as searching online for methods



If you need help for yourself or someone else, the **988 Suicide & Crisis Lifeline** provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals by **calling or texting 988** or **chatting [988Lifeline.org](http://988Lifeline.org)**.

