# The Catholic University of America – Suicidality

## Warning Signs

What to look out for if you are concerned that a person may be suicidal:



### Talk

If a person talks about:

* Killing themselves
* Feeling hopeless
* Having no reason to live
* Being a burden to others
* Feeling trapped
* Unbearable pain



### Behavior

Behaviors that may signal risk, especially if related to a painful event, loss or change:

* Increased use of alcohol or drugs
* Looking for a way to end their lives, such as searching online for methods
* Withdrawing from activities
* Isolating from family and friends
* Sleeping too much or too little
* Visiting or calling people to say goodbye
* Giving away prized possessions
* Aggression
* Fatigue



### Mood

People who are considering suicide often display one or more of the following moods:

* Depression
* Anxiety
* Loss of interest
* Irritability
* Humiliation/Shame
* Agitation/Anger
* Relief/Sudden Improvement

## Risk factors

Characteristics or conditions that might increase the likelihood of suicide:



### Health Factors

* Mental health conditions
* Depression
* Substance use problems
* Bipolar disorder
* Schizophrenia
* Personality traits of aggression, mood changes and poor relationships
* Conduct disorder
* Anxiety disorders
* Serious physical health conditions including pain
* Traumatic brain injury



### Environmental Factors

* Access to lethal means including firearms and drugs
* Prolonged stress, such as harassment, bullying, relationship problems or unemployment
* Stressful life events, like rejection, divorce, financial crisis, other life transitions or loss
* Exposure to another person’s suicide, or to graphic or sensationalized accounts of suicide



### Historical Factors

* Previous suicide attempts
* Family history of suicide
* Childhood abuse, neglect or trauma

\*Content taken from American Foundation for Suicide Prevention