

# Suicide Prevention: Risk Factors, Red Flags, and How to Get Help

## RISK FACTORS

Characteristics or situations that put someone at an increased risk for suicide:

- Mental health or mood disorders like depression or bipolar
- History of trauma
- Family or personal history of suicide
- Does not identify as heterosexual or cisgender
- Male
- Prior military service
- Limited social support



## RED FLAGS

Behaviors that indicate someone may be at risk for suicide:

- Making statements or threats to harm/kill themselves
- Talking, writing, or drawing about wanting to die
- Looking to secure a means to complete suicide
- Dramatic mood changes
- Inability to sleep or sleeping all the time
- Uncontrolled anger or aggression
- Withdrawing from family, friends, or activities
- Giving away personal possessions



## WHERE TO GET HELP

### Suicide Crisis Lifeline

Call/text: 988

Chat/additional resources: [988lifeline.org](https://988lifeline.org)

- Free, confidential, and available to everyone.
- Support for veterans, Spanish-speaking people, and those who are deaf or hard of hearing.



## HOW TO HELP A LOVED ONE\*

**Ask if they are thinking about suicide.** Listen and take their answers seriously. Asking if someone is considering suicide does not make them more likely to follow through with it.

**Assess and keep them safe.** If it's an emergency, get professional help immediately, and remove any access to lethal means.

**Stay with them.** If it's an emergency, do not leave them alone. If it's not an emergency, develop a safety plan, and be there for them.

**Help them get support.** Have them call or text the 988 Suicide Crisis Lifeline. Help them find professional support.

**Check-In.** Once they have support, follow up with them to find out how they're doing.

\*Source: <https://www.bethe1to.com/>

