



Suicide Risk and Protective Factors



Risk Factors: Associated (by empirical study) with an increased occurrence of suicidal behavior (The list is not prioritized nor exhaustive)		
<p>Individual</p> <ul style="list-style-type: none"> ❖ Mental disorders: <ul style="list-style-type: none"> ➢ Depression ➢ Schizophrenia ➢ Anxiety disorders ➢ Borderline Personality Disorder ❖ “States of Mind:” <ul style="list-style-type: none"> ➢ Hopelessness ➢ Impulsivity ➢ Low self-esteem ➢ Psychic pain ❖ Behaviors: <ul style="list-style-type: none"> ➢ Social withdrawal ➢ Alcohol or drug abuse ➢ Aggressive tendencies or history of violent behavior ➢ Previous suicide attempt ❖ Gender: <ul style="list-style-type: none"> ➢ Male (for completions) ➢ Female (for attempts) ❖ Older age ❖ Race <ul style="list-style-type: none"> ➢ White ➢ Native American ❖ History: <ul style="list-style-type: none"> ➢ Previous psychiatric treatment ➢ History of trauma or abuse ➢ Some Major ❖ Suicide ideation ❖ Physical <ul style="list-style-type: none"> ➢ Low CSF 5-HIAA ➢ Low cholesterol blood levels ➢ Low blood glucose ❖ Access to means (e.g., firearms, poisons) 	<p>Peer/Family</p> <ul style="list-style-type: none"> ❖ History of interpersonal violence, conflict, abuse, bullying ❖ Family history of alcoholism ❖ Social isolation: low or lack of social support and sense of isolation ❖ Exposure to suicidal behavior: family history of suicide ❖ Exposure to suicide ❖ Stigma associated with help-seeking behavior ❖ Barriers to accessing health care, especially mental health services and substance abuse treatment ❖ No-longer married ❖ Loss of close attachment relationship (e.g., divorce, death of spouse) ❖ Access to means (e.g., firearms, poisons) 	<p>Community</p> <ul style="list-style-type: none"> ❖ Access to lethal means: (e.g., bridges) ❖ Unemployment or financial loss ❖ Relational or social loss/humiliation ❖ Local clusters of suicide that have a contagious influence ❖ Barriers to health care and mental health care ❖ Stigma ❖ Exposure to suicide (e.g., media or memorials) <p>Society</p> <ul style="list-style-type: none"> ❖ Certain Cultural and religious beliefs (e.g., suicide is a noble resolution of a personal dilemma) ❖ Societal breakdown ❖ Western geography ❖ Rural/Remote ❖ Cultural values and attitudes Media influence ❖ Alcohol misuse and abuse ❖ Economic instability

Source: Suicide Prevention Resource Center, Strategic Planning for Suicide Prevention: Core Community Competencies Workshop, Resource Sheet 1-1.

Protective Factors: **Associated** (by empirical study) with a decreased occurrence of suicidal behavior (The list is not prioritized nor exhaustive)

<p>Individual</p> <ul style="list-style-type: none"> ❖ Cultural and religious beliefs that discourage suicide and support self-preservation ❖ Support through ongoing health and mental health care relationships ❖ Coping/problem solving skills ❖ Resiliency, self esteem, direction, mission, determination, perseverance, optimism, empathy ❖ Intellectual competence (youth) ❖ Reasons for living 	<p>Peer/Family</p> <ul style="list-style-type: none"> ❖ Family cohesion (youth) ❖ Sense of social support ❖ Interconnectedness ❖ Married/Parent ❖ Access to comprehensive health care <div data-bbox="814 613 1108 974" data-label="Image"> </div>	<p>Community</p> <ul style="list-style-type: none"> ❖ Access to healthcare and mental health care ❖ Social support, close relationships, caring adults, participation and bond with school ❖ Respect for help-seeking behavior ❖ Skills to recognize and respond to signs of risk <hr/> <p>Society</p> <ul style="list-style-type: none"> ❖ Urban/Suburban ❖ Access to health care & mental health care ❖ Cultural values affirming life ❖ Media influence
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