

Recognizing Suicide Risk Factors

There is no single cause for suicide. Instead, a range of factors may increase the possibility of an attempt. The Centers for Disease Control and Prevention has found factors at the individual, relationship, community, and societal levels can increase risk.

Individual Risk Factors

- Previous suicide attempt.
- History of depression and other mental illnesses.
- Serious illness such as chronic pain.
- Criminal/legal problems.
- Job/financial problems or loss.
- Impulsive or aggressive tendencies.
- Substance use.
- Current or priory history of adverse childhood experiences.
- Sense of hopelessness.
- Violence victimization and/or perpetration.

Community Risk Factors

- Lack of access to healthcare.
- Suicide cluster in the community.
- Stress of acculturation.
- Community violence.
- Historical trauma.
- Discrimination.

Societal Risk Factors

- The stigma of help-seeking and mental illness.
- Easy access to lethal means of suicide among people at risk.
- Unsafe media portrayals of suicide.

Relationship Risk Factors

- Bullying.
- Family/loved one's history of suicide.
- Loss of relationships.
- High conflict or violent relationships.
- Social isolation.

If you or someone you know might be affected by one or more of these risk factors, Seven Counties Services is here to help! Everyone's journey is different, and we approach each situation with compassion and understanding. To schedule a first appointment, call (502) 589-1100 or complete an online appointment request. If someone is in immediate danger, such as having thoughts of self-harm or suicide, call the 988 Suicide & Crisis Lifeline or emergency services (911) immediately.



Seven Counties Services