

# SUICIDE RISK FACTORS

## WHAT TO LOOK FOR

If your loved one has any of these risk factors, they might be more likely to attempt suicide than others. Although having any of these factors does not mean that a person will necessarily make a suicide attempt, getting them help will reduce their risk.



- thoughts about ending their life
- tried to end their life before
- mental illness, particularly if symptoms endure for a long time
- history of a chronic health condition and/or pain
- history of substance use disorder
- feeling like they don't belong
- social isolation



- lack of skills to manage problems or feelings
- adverse childhood experiences such as abuse and neglect
- difficulty finding a purpose or reasons to live
- struggling to manage impulsive or aggressive tendencies
- losses (such as a breakup, academic failure, or health problems)



## IF YOU ARE WORRIED ABOUT SOMEONE

Get help immediately by contacting a mental health professional or call the 988 Suicide & Crisis Lifeline by dialing or texting 988 or call 1-800-273-8255. You can chat online at [988lifeline.org](https://988lifeline.org).



**CHADD.org | 866-200-8098**



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