

YOU ARE
NOT
ALONE

Risk Factors for Suicide

SWIPE TO LEARN MORE

nami.org/suicidepreventionmonth



About Risk Factors for Suicide

Research has found that 46% of people who die by suicide had a known mental health condition. Several other things may put a person at risk of suicide as well.

Knowing the risk factors and warning signs can assist you in finding help for yourself, a loved one or a friend.

See nami.org/suicideprevention for more information.

What are the Risk Factors?

- **Age.** Suicide is the 2nd leading cause of death for people aged 10-34
- **A family history of suicide**
- **A history of trauma or abuse**
- **Gender.** Although more women than men attempt suicide, men are nearly 4x more likely to die by suicide
- **A serious or chronic medical illness**

What are the Risk Factors?

- Prolonged stress
- A recent tragedy or loss
- Access to firearms
- Substance misuse or overuse. Drugs and alcohol can result in mental highs and lows that exacerbate suicidal thoughts
- Intoxication. More than 1 in 3 people who die by suicide are found to be under the influence of alcohol



If you're in crisis,
call the National Suicide
Prevention Lifeline at

800-273-TALK (8255)

or use the Crisis Text Line
Text "NAMI" to 741741

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