



SUICIDE AWARENESS

ADULT SUICIDE RISK FACTORS

Static (Set)	Dynamic (Modifiable)
Mental illness	Substance use
Previous suicide behavior	Real or perceived barriers to care
Terminal illness or chronic pain	Financial constraints
History of abuse	Fear of being a burden
Family factors	Problematic thinking patterns
Loss of autonomy	Access to lethal means

YOUTH SUICIDE RISK FACTORS

Static (Set)	Dynamic (Modifiable)
History of non-suicidal self-injury	Relationship problems
Traumatic events	Academic stress
Significant loss	Feeling unsafe at home or school
Bullying	Poor coping skills
Impulsivity	Recent loss of income

PROTECTIVE FACTORS

Internal	External
Sense of purpose	Supportive relationships
Meaning of life experiences	Access to mental healthcare
Coping and problem-solving skills	Sense of belonging
Future focus	Regular church attendance
Beliefs that discourage suicide	Academic or athletic achievements

WARNING SIGNS

Withdrawal and isolation	Missing work or school
Increased substance use	Feeling hopeless
Talking about death	Giving away possessions
Self-harm	Sudden calmness after distress