

# Are you at Risk?

## HEALTH FACTORS

- Depression
- Substance use disorders
- Bipolar disorder
- Schizophrenia and psychosis
- Traits of aggression, mood changes, & poor relationships.
- Anxiety disorders
- Serious or chronic health condition and/or pain
- Traumatic brain injury

## ENVIRONMENTAL FACTORS

- Access to lethal means including firearms and drugs
- Prolonged stress, such as harrassment, bullying, relationship problems, or unemployment
- Stressful life events, hich may include a death, divorce, or job lo
- Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide

## FAMILY HISTORY

- Previous suicide attempts
- Family history of suicide
- Childhood abuse, neglect, or trauma

Risk factors are characteristics or conditions that increase the chance that a person may try to take their life.