

Risk Factors

Biological

- mental health (Particularly mood disorders, schizophrenia, borderline personality disorder, and eating disorders. Anxiety disorders may also be relevant; recent psychiatric symptoms; history of mental disorders.)
- substance use
- co-morbidity (combined mental health and substance use concerns)
- medical (loss of health from physical illness; loss of functioning body parts or physical integrity; chronic pain)

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Psychological

- certain personality traits (signs and symptoms of personality disorders such as those involving volatility, aggression, and ineffective coping styles)
- despair
- low self-esteem
- feeling cut off from others
- self-isolating
- psychological pain
- feelings of hopelessness or helplessness
- perceived burdensomeness
- dramatic mood changes
- feeling trapped
- identity-related distress (lack of self-acceptance, lack of familial support)
- suicidal ideation
- emotional or sexual trauma or abuse
- previous suicide attempt(s)
- previous psychiatric treatment

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Family history

- family history of violence
- family history of suicide
- family history of substance abuse
- family history of parental psychopathology

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Social

- stressful life events: Loss (relational, social, identity, meaning, status, work, etc.)
- stressful life events: financial distress
- stressful life events: unemployment
- stressful life events: academic distress
- stressful life events: family conflicts
- stressful life events: minority stress
- stressful life events: lack of social support
- stressful life events: geographic mobility
- stressful life events: legal issues
- stressful life events: arrests, incarceration

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Social (cont.)

- exposure to suicide: influence of media
- exposure to suicide: influence of others who have died by suicide
- exposure to suicide: local clusters of suicide that have a contagious influence

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Cultural

- cultural, religious, spiritual beliefs: positive or negative perception of suicide
- cultural, religious, spiritual beliefs: belief that suicide is a noble resolution of personal dilemmas
- cultural, acceptance of violence
- experience of humiliation or shame

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Lack of support:

- family
- social

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Environmental

- barriers: unwillingness to seek services/treatment
- barriers: unable to access health care services/treatment
- easy access to lethal means, including firearms
- economic conditions (natural disasters/ other traumatic events)

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Demographic

- cisgender man (for death by suicide)
- cisgender woman (for non-fatal attempts)
- LGBTQ+
- single, divorced, separated, widowed, people living alone or socially isolated
- ethnicity (US death rates are highest for those of Native American and White ethnicity)
- elderly

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