

WARNING SIGNS

- Threatening to harm or end one's life
- Talking about feelings of hopelessness
- Preoccupation with death
- Seeking or access to lethal means: pills, weapons, razors, etc.
- Evidence or expression of a suicide plan
- Expressing ideation about suicide, wish to die or death
- Rage, anger, seeking revenge
- Impulsive and risky behaviour
- Suddenly visiting or calling loved ones
- Giving personal presents or personal belongings to loved ones
- Cognitive changes such as memory loss, lack of concentration, difficulties in making decisions and solving problems
- Withdrawing from family, friends, society
- Lack of motivation and interest in activities person used to enjoy
- Anxiety, agitation, abnormal sleep
- Suddenly seeming happier and content with no apparent reason
- Dramatic changes in mood
- Expresses no reason for living, no sense of purpose in life

RISK FACTORS

- Financial difficulties
- Social isolation
- Previous suicide behaviour
- History of suicide in family
- Chronic illness
- Divorced, separated, widowed
- Previous self-harm behaviour
- History of alcohol and substance use
- Trauma experience
- History mental disorders

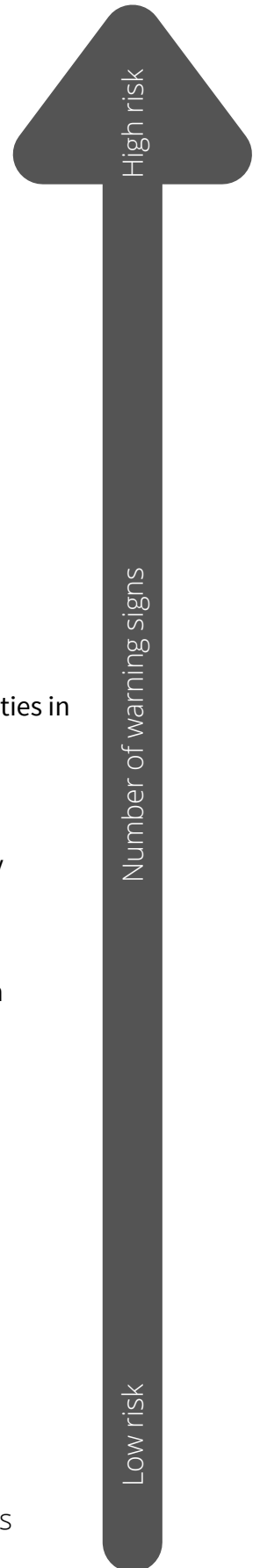


Illustration adapted from Perlman CM, Neufeld E, Martin L, Goy M, & Hirdes JP (2011). Suicide Risk Assessment Inventory: A Resource Guide for Canadian Health care Organizations. Toronto, ON: Ontario Hospital Association and Canadian Patient Safety Institute.