



RISK FACTORS

Environment Factors:

- Homelessness
- A death or relationship breakup
- Loss of a job or change in financial security
- Lack of community support
- High stress family environment or dynamic
- Academic or family crisis
- Easy access to lethal materials
- Barriers to mental health services

Factors of the Mind and Body:

- History or signs of depression
- History of mental illness
- History of being abuse or mistreated
- History of self-injury
- Tendency to be impulsive
- Major physical illness
- Affective disorders (i.e. mood disorders)
- Previous suicide attempt(s)

Factors You Take Part In, Experience or Learn:

- Risky behaviors (ex: substance abuse, unsafe sex practices, etc.)
- Lack of support from other youth cultural or religious beliefs that suggest suicide as a solution
- Exposure to suicide through media, family, friends or co-workers
- Unwillingness to seek help
- Isolation
- Non-suicidal self-injury
- Victimization at home or in school
- Difficulty in school, failing grades, bullying others or being bullied