

SUICIDE PREVENTION

To decrease suicides...

'ACT' on the Risk & Protective Factors

'SAD PERSONS CARE'

Acknowledge that you see them suffering, being cognizant of the below-listed Suicide Risk Factors.

Caring words, which foster discussion. If Risk Factors & discussion cause you to question safety, ask: "Have you thought about suicide?" As indicated, ask: "What is your plan?"; "What keeps you from taking your life?" Pull for their thought that suicide would burden their loved ones forever.

Treatment is sought if your caring discussion will not keep them safe. Escort critically ill students.

RISK FACTORS:

Sex: Males are 4 times more likely to suicide than females. LGBTQ individuals are at increased risk.

Age: At greatest risk are 15 to 24 year olds, largely due to their impulsivity. Older adults are at risk largely due to their losses.

Depression and other mood disorders: Risk increases with anger and with a family history of suicide.

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Previous attempt: If previous attempt, student is 543 times more likely than peer to suicide in 1 year.

Ethanol and other substance abuse.

Rational thinking loss: The risk of suicide increases: if one thinks the stigma of seeking help is too great; if one's religious/cultural beliefs are that suicide is a noble resolution to problems; if one gives into the beliefs that prompt a suicide contagion. An infarct to their high social status could be life threatening.

Sickness or long-term health problem.

Organized plan of how they would suicide.

No significant other. Includes the breakup of a close relationship.

Social support lacking.

PROTECTIVE FACTORS:

Coping skills, such as: problem solving; assertiveness; conflict resolution; relaxation techniques; accurate thinking techniques; building social networks.

Access to common suicide means is limited. Guns are used in 57% of suicides.

Religious and cultural beliefs that discourage suicide.

Easy access to **E**ffective treatments.



**counseling and
psychological services**

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