**Who is at risk for suicide?**

People of all genders, ages, and ethnicities can be at risk for suicide.

The main risk factors for suicide are:

● A history of suicide attempts

● Depression, other mental disorders, or substance use disorder

● Chronic pain

● Family history of a mental disorder or substance use

● Family history of suicide

● Exposure to family violence, including physical or sexual abuse

● Presence of guns or other firearms in the home

● Having recently been released from prison or jail

● Exposure, either directly or indirectly, to others' suicidal behavior, such as that of family members, peers, or celebrities

Most people who have risk factors for suicide will not attempt suicide, and it is difficult to tell who will act on suicidal thoughts. Although risk factors for

suicide are important to keep in mind, someone who is showing warning signs of suicide may be at higher risk for danger and need immediate attention.

Stressful life events (such as the loss of a loved one, legal troubles, or financial difficulties) and interpersonal stressors (such as shame, harassment, bullying,

discrimination, or relationship troubles) may contribute to suicide risk, especially when they occur along with suicide risk factors.

**What are the warning signs of suicide?**

Warning signs that someone may be at immediate risk for attempting

suicide include:

● Talking about wanting to die or wanting to kill themselves

● Talking about feeling empty or hopeless or having no reason to live

● Talking about feeling trapped or feeling that there are no solutions

● Feeling unbearable emotional or physical pain

● Talking about being a burden to others

● Withdrawing from family and friends

● Giving away important possessions

● Saying goodbye to friends and family

● Putting affairs in order, such as making a will

● Taking great risks that could lead to death, such as driving extremely fast

● Talking or thinking about death often

Other serious warning signs that someone may be at risk for attempting

suicide include:

● Displaying extreme mood swings, suddenly changing from very sad to very

calm or happy

● Making a plan or looking for ways to kill themselves, such as searching for

lethal methods online, stockpiling pills, or buying a gun

● Talking about feeling great guilt or shame

● Using alcohol or drugs more often

● Acting anxious or agitated

● Changing eating or sleeping habits

● Showing rage or talking about seeking revenge

**What should I do if I am in crisis or someone I know**

**is considering suicide?**

If you notice warning signs of suicide—especially a change in behavior or new, concerning behavior—get help as soon as possible.

Family and friends are often the first to recognize the warning signs of suicide, and they can take the first step toward helping a loved one find mental health

treatment.

If someone tells you that they are going to kill themselves, do not leave them alone. Do not promise that you will keep their suicidal thoughts a secret—tell a

trusted friend, family member, or other trusted adult. Call 911 if there is immediate danger, or go to the nearest emergency room.

In a crisis, you also can contact:

● National Suicide Prevention Lifeline

[https://suicidepreventionlifeline.org](https://suicidepreventionlifeline.org/)

Call 1-800-273-TALK (8255); En español 1-888-628-9454

The Lifeline is a free, confidential crisis hotline that is available to everyone

24 hours a day, 7 days a week. The Lifeline connects people to the nearest

crisis center that provides crisis counseling and mental health referrals.

● Crisis Text Line

[www.crisistextline.org](http://www.crisistextline.org/)

Text "HELLO" to 741741

The Crisis Text Line is available 24 hours a day, 7 days a week. This

confidential service helps anyone, in any type of crisis, connecting them

with a crisis counselor who can provide support and information.

**How can I find help?**

If you have thoughts of suicide, tell your health care provider. Your health care provider will listen to your concerns and can help you figure out next

steps. Find tips for talking with your doctor about mental health concerns at [www.nimh.nih.gov/talkingtips](http://www.nimh.nih.gov/talkingtips).