

# Let's Be Well

## RECOGNIZE SUICIDE RISK FACTORS

Suicide is the second leading cause of death between the ages of 10 and 34 and the 10th overall cause of death in the U.S.



Men are more likely than women to die from suicide, but women are more likely than men to attempt suicide. Several factors can also contribute to the risk of committing suicide, such as:

- Previous suicide attempt(s)
- History of depression, an eating disorder or other mental illness
- Family history of suicide, violence or abuse
- Alcohol or drug abuse
- Physical illness
- Relational, social, work or financial loss
- Feelings of hopelessness
- Impulsive or aggressive tendencies
- Barriers to accessing mental health treatment
- Feeling alone



When a person is thinking about suicide, he or she will likely display indications, which may include:

- Threats, talk or writing of suicide or hurting oneself
- Withdrawal from family and friends
- Sudden, excessive and/or uncontrolled rage
- Taking unnecessary risks or exhibiting self-destructive behavior
- Increased substance use
- Dramatic mood swings



### Reach out for help



Not all suicides are planned; they may be impulsive after experiencing a traumatic event such as breakup or the death of a loved one.

If you or someone you know is struggling with suicidal thoughts, call the National Suicide Prevention Lifeline at

**1-800-273-TALK (8255).**



For more information on suicide risk factors, visit:

**[cdc.gov/suicide/factors](https://cdc.gov/suicide/factors)**

