

Suicide Protective Measures

Population	Risk Factors	Protective Measures
<p>General</p>	<ul style="list-style-type: none"> • Statements the person plans to kill themselves • Existence of a plan • Possession of the means to do it • Past attempts • Clinical depression • Feelings of hopelessness – most significant • Alcohol and drug use • Loss of spouse, parent or other important person • Loss of a job/unemployment • Risk is higher for those coming out of depression or recently released from hospital care for depression 	<ul style="list-style-type: none"> • Effective clinical care for mental, physical and substance abuse disorders • Easy access to a variety of clinical interventions • Family and community supports • Personal skills: problem solving, conflict resolution, non-violent handling of disputes • Marital status • Cultural and religious beliefs that discourage suicide and support self-preservation instincts • Adolescents - friends
<p>Children</p> <ul style="list-style-type: none"> • Rare before the age of 15 • Rates have increased in the US, not around the world • Most common method is hanging 	<ul style="list-style-type: none"> • Don't show signs of depression or suicidal intent • Not likely to use alcohol • Fewer warning signs • Parental conflict • Most suicide precipitated by disciplinary crisis <p>Warning signs:</p> <ul style="list-style-type: none"> • Past suicide attempts • Past violent or aggressive behaviors • Mental illness (depression/anxiety) • Cognitive immaturity and impulsivity • Bringing weapons to school • Recent experience of humiliation, shame, loss • Victim of bullying • Victim of abuse or neglect • Witnessing violence in the home • Themes of death or depression in reading, conversation or artwork 	

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	<ul style="list-style-type: none"> • Pre-occupation with violence on TV, comics, video games, etc. • Vandalism, cruelty to animals, fire setting • Poor peer relationships • Involvement in cults • Little to no supervision • Separation from parents – being in the system 	
<p>Adolescents</p> <ul style="list-style-type: none"> • How are they different from children? • Substance abuse is the primary contributing factor that puts the teen at risk – 12.8 times greater risk for suicide • There is no state with a higher rate of underage drinking than Wisconsin • Binge drinking is highly correlated with suicide • GLBT youth have a high rate of suicide 	<ul style="list-style-type: none"> • Alcohol/drug use or abuse • More severe and enduring hopelessness • Isolation • Reluctance to discuss suicidal thoughts, esp. boys • Previous attempts • Imitation, cluster suicide • Family history • Sexual orientation/abuse • Other stressors: loss, discipline, bullying, drifting, romantic break up (male), incarceration 	
<p>Native American Youth</p> <ul style="list-style-type: none"> • Higher risk than any other group • Second leading cause of death ages 10 – 34 	<p>In addition to above:</p> <ul style="list-style-type: none"> • History of intergenerational trauma, oppression and abuse • Lack of social support and a sense of isolation • Feeling alienated from family and community • Family loss, separation and disruption • Rapid social change and devastating economic conditions • Multiple home placements • Involvement in the juvenile justice system • Living with constant family instability • Poor parent-child communication • Being lesbian, gay, bi-sexual, transgender, questioning and 	

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	two spirited <ul style="list-style-type: none"> • Alcohol consumption • Barriers to health care and substance abuse treatment 	
African American Men/Boys <ul style="list-style-type: none"> • Historically this population had lower suicide statistics than their Caucasian counterparts • This is changing... 	<ul style="list-style-type: none"> • Moving from traditional communities • Feeling isolated • Lethal combination of substance abuse,, access to fire arms, depression and poverty 	
LGBTQ <ul style="list-style-type: none"> • Suicide rate for this population is 30% • 30% of all adolescent suicides • 2-3 time more likely to attempt as the general population • 4 out of 5 LGBTQ students report that they feel they have no where to turn and that they don't know one supportive adult at school • Many gay youth are bullied 26 times/day 	<ul style="list-style-type: none"> • Extremely high rate of depression, suicide ideation and suicide attempts • Negative family interactions: primary cause • Social isolation, depression, anger • Feelings of inadequacy • Sexual identity difficulties • Homelessness (being thrown out/run away) • Family problems • Lack of support • Bullying • High school drop out rate 	