**Circumstances that increase risk of suicide**

**Individual Risk Factors**

These personal factors contribute to risk:

* Previous suicide attempt
* History of depression and other mental illnesses
* Serious illness such as chronic pain
* Criminal/legal problems
* Job/financial problems or loss
* Impulsive or aggressive tendencies
* Substance use
* Current or prior history of adverse childhood experiences
* Sense of hopelessness
* Violence victimization and/or perpetration

**Relationship Risk Factors**

These harmful or hurtful experiences within relationships contribute to risk:

* Bullying
* Family/loved one’s history of suicide
* Loss of relationships
* High conflict or violent relationships
* Social isolation

**Community Risk Factors**

These challenging issues within a person’s community contribute to risk:

* Lack of access to healthcare
* Suicide cluster in the community
* Stress of acculturation
* Community violence
* Historical trauma
* Discrimination

**Societal Risk Factors**

These cultural and environmental factors within the larger society contribute to risk:

* Stigma associated with help-seeking and mental illness
* Easy access to lethal means of suicide among people at risk
* Unsafe media portrayals of suicide

**Protective factors**

Circumstances that protect against suicide risk

**Individual Protective Factors**

These personal factors protect against suicide risk:

* Effective coping and problem-solving skills
* Reasons for living (for example, family, friends, pets, etc.)
* Strong sense of cultural identity

**Relationship Protective Factors**

These healthy relationship experiences protect against suicide risk:

* Support from partners, friends, and family
* Feeling connected to others

**Community Protective Factors**

These supportive community experiences protect against suicide risk:

* Feeling connected to school, community, and other social institutions
* Availability of consistent and high quality physical and behavioral healthcare

**Societal Protective Factors:**

These cultural and environmental factors within the larger society protect against suicide risk:

* Reduced access to lethal means of suicide among people at risk
* Cultural, religious, or moral objections to suicide

**Information from CDC.gov**