



Suicide refers to taking one's own life. It claims over 30,000 lives each year in the United States, and is the third leading cause of death among 15-24 year olds. It generally results from interactions between biological, psychological, social, and environmental factors.

This assessment will help you explore attitudes, as well as myths and realities about suicide. It will also help you to recognize someone in crisis and help prevent suicides. Please circle the following:

1. Someone has to be crazy when they consider suicide.	True	False
2. If someone is seriously considering suicide, there is nothing that you can do.	True	False
3. Suicide happens without warning signs.	True	False
4. When someone is depressed, she/he is contemplating suicide.	True	False
5. Once a person has made a serious suicide attempt, that person is unlikely to make another	True	False
6. Women complete suicide more often than men	True	False
7. Death by poisoning is the most common means of suicide	True	False
8. There are no risk factors associated with suicide	True	False
9. Alcohol or drug intoxication is typically not present in those who complete suicide.	True	False
10. There is no help available for those contemplating suicide or showing warning signs.	True	False

**Warning Signs and Risk Factors of Suicide:**

Risk factors are characteristics that suggest someone may be at risk of suicide. Warning signs indicate someone needs immediate help.

**Risk Factors:**

- Previous suicide attempts.
- History of mental illness.
- History of alcohol and substance abuse.
- Physical illness. • Legal or financial trouble.
- Recent significant loss of relationship (breakup, divorce, death).
- Access to lethal means.

**Warning Signs:**

- Talking about wanting to die or to kill themselves
- Talking about feeling trapped or in unbearable pain.
- Talking about having no reason to live.
- Feelings of hopelessness and/or helplessness
- Change in sleeping and eating habits.
- Displaying severe mood swings.
- Withdrawal from friends, family, etc.
- Impulsive, reckless, or aggressive behavior.
- Increased use of alcohol and/or drugs.
- Lose of interest in activities: work, school, pleasurable activities, etc.

1. FALSE Most people think of suicide from time to time. Major life transitions, such as a loss or breaking up with a loved one, moving to new surroundings, failing an exam or course, etc. can cause someone to feel overwhelmed and find suicide as the only “solution” to their problems.
2. FALSE Persons attempting suicide want to escape from their problems. Most individuals who are suicidal do not want to die. They are in need of help and require social support. It is important to listen to the person and let them know that help is available.
3. FALSE 50 - 75% of people who attempt suicide give warning signs of their intentions before they make the attempt. Some convey their suicidal intentions with statements such as “I feel like killing myself,” “people are better off without me,” or “I don’t know how much longer I can take this.”
4. FALSE Being diagnosed with depression or another mood disorder does not mean that a person is contemplating suicide, but it does increase a person’s risk. Studies have found that the majority of people who die by suicide had a mental health challenge at the time of their deaths.
5. FALSE The opposite is often true. Persons who have made prior suicide attempts may be at greater risk of completing suicide. About 20% of people who complete suicide had made a previous suicide attempt.
6. FALSE Men are more likely to complete suicide than are women. There are 4 male suicides for every female suicide. However, women attempt suicide two to three times as often as men.
7. FALSE Firearms are the most common means of suicide. They are used in 51% of all suicides in the United States. Poisoning accounts for fewer deaths in both men and women, compared to firearms.
8. FALSE Risk factors are conditions or characteristics that make individuals more likely to think about or attempt suicide. Risk is greater if someone has several risk factors at the same time. See the reverse side for suicide risk factors that have been identified by research.
9. FALSE Based on data about suicides in 16 National Violent Death Reporting System states in 2009, 33.3% of suicide decedents tested positive for alcohol, 23% for antidepressants, and 20.8% for opiates, including heroin and prescription pain killers.
10. FALSE There are numerous resources available for those contemplating suicide or who show warning signs:

#### Sources:

- National Center for Injury Prevention and Control: [http://www.cdc.gov/violenceprevention/pub/youth\\_suicide.html](http://www.cdc.gov/violenceprevention/pub/youth_suicide.html)
- [http://www.cdc.gov/violenceprevention/pdf/suicide\\_datasheet\\_2012-a.pdf](http://www.cdc.gov/violenceprevention/pdf/suicide_datasheet_2012-a.pdf)
- Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)
- San Francisco Suicide Prevention: [www.sfsuicide.org](http://www.sfsuicide.org)
- American Foundation for Suicide Prevention: <http://www.afsp.org/understanding-suicide>