

SUICIDE

RISK FACTORS

- Prior suicide attempt(s)
- Misuse/abuse of alcohol or other drugs
- Mental disorders, particularly depression
 - Access to lethal means
- Knowing someone who died by suicide,
 - Social isolation
 - Chronic disease and disability
- Lack of access to behavioral health care

PROTECTIVE FACTORS

- Connectedness to individuals, family community, and social institutions
- Life skills (including problem solving skills and coping skills, ability to adapt to change)
- Self-esteem and a sense of purpose or meaning in life
- Cultural, religious, or personal beliefs that discourage suicide
- Effective behavior health care

WHERE CAN I GET HELP!

- **To be on the safe side make sure you have an address and/or access to family members'/friends' information incase they refuse to obtain help.**
 - Talk to you primary care provider
 - Community Mental Health Center
 - Call insurance company and ask for list of mental health provider
 - <http://finder.psychiatry.org/>
 - Call 211 for local services for support (211.org)
 - National Suicide Hotline 1-800-273-8255
- **If person agreeable encourage them to go to emergency room. ER should not ask for immigration status**
- **Call local police department for a Wellness Check as last resort**