



Suicide Risk Factors

S **UICIDE ATTEMPTS**
Individuals who have made previous suicide attempts - especially those with potentially lethal means (weapons), are at very high risk for suicide.

U **TTER HOPELESSNESS**
Individuals who are feeling extremely helpless, hopeless, desperate and worthless, and who do not have plans for the future are at risk for suicide.

I **SOLATION**
Individuals who are alone, feel lonely and helpless, isolate themselves and who lack work, social, and religious supports are at risk.

C **LOSE RELATIONSHIP LOSS**
Individuals who perceive or believe that they have lost an important relationship (romantic, spouse, friend, including the death of a loved one) may be at risk for suicide.

I **DEATION**
Persons who are thinking and speaking about suicide are at high risk as are those with a suicide plan.

D **EPRESSION**
Individuals who are feeling sad, depressed, bitter, or moody, are pessimistic and withdrawn, or have lost interest in their regular activities or interests are at high risk for suicide.

E **THANOL (ALCOHOL)**
Persons who depend upon or abuse alcohol and/or misuse drugs, which may include prescription medications, are at risk for suicide.

If you or someone you know is thinking about suicide, visit your local Fleet and Family Support Center, or call the Military Crisis Line or Military OneSource. Chaplains, Corpsmen, and healthcare professionals at your MTF or branch clinic can also provide help.



800-342-9647

Suicide is a serious problem in the military. Knowledge about the risk factors for suicide can assist with prevention, identification of individuals at risk, early intervention, and can save lives. To help with the recognition of individuals who may be at risk for suicide, the acronym SUICIDE was developed. This acronym outlines the major behavioral and psychological risk factors often associated with suicidal behavior. Have the courage to help a Sailor, Marine, or anyone in need of help.



For more information, visit the Health Promotion and Wellness Suicide Prevention page at: www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/suicide-prevention.aspx

or

Navy Suicide Prevention Program at: www.public.navy.mil/BUPERS-NPC/support/21st-century_sailor/suicide_prevention/Pages/default.aspx



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PREVENTION AND PROTECTION START HERE