

# SUICIDE RISK FACTORS: SAD PERSONS

To help understand the risk factors for potential suicidal behavior, the acronym SAD PERSONS was developed to assist healthcare professionals. (These factors have been found to be associated with suicide and increase the risk of suicidal behavior. Risk factors do not cause or predict suicide.)



- S** **EX**  
Women attempt suicide more frequently than do men, while men are more likely to actually die by suicide than are women.
- A** **GE**  
Persons who are adolescents and young adults are at risk. Men over the age of 45 and women over the age of 55 are also at risk.
- D** **EPRESSION**  
Individuals who are depressed are at a higher risk for suicide. Risk increases with feelings of hopelessness, worthlessness, and helplessness.
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- P** **REVIOUS ATTEMPT**  
Persons who have made previous suicide attempts are at higher risk for suicide.
- E** **THANOL AND DRUG ABUSE**  
Individuals who abuse and/or are addicted to alcohol, drugs, or both are at risk for suicide.
- R** **ATIONAL THINKING LOSS**  
Suicide risk is high when judgment and rational thought are impaired. If the person is hearing voices telling them to hurt themselves, or if they are experiencing paranoid delusions, the risk is very high.
- S** **OCIAL SUPPORT LACKING**  
Individuals who are alone and feel lonely and helpless, isolate themselves, and who lack social, work, and religious supports are at risk for suicide.
- O** **RGANIZED PLAN**  
The individual who has thought about a specific suicide plan and who plans to use an available lethal method is at high risk (such as a firearm).
- N** **O SPOUSE**  
Those who are separated, divorced, widowed, and single persons have a higher risk of suicide.
- S** **ICKNESS**  
Chronic, debilitating, severe, and painful illnesses and conditions are a suicide risk factor.

**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

HPW-000031C

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](http://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](http://www.public.navy.mil/BUPERS-NPC/support/21st-century_sailor/suicide_prevention/Pages/default.aspx)



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