

C.A.R.E.S Program

* Crisis Assessment Response and Enhanced Services *

Suicide Awareness

Risk Factors for Depression:

- Family history and genetics
- Chronic stress
- History of trauma
- Gender
- Poor nutrition
- Unresolved grief or loss
- Personality traits
- Medication and substance use



Circumstances that Increase Suicide Risk:

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 misuse
- Current or prior history of adverse childhood experiences
- Sense of hopelessness
- Violence, victimization and/or perpetration



Warning Signs of Depression:

- Feelings of helplessness and hopelessness
- Loss of interest in daily activities
- Appetite or weight changes
- Sleep changes
- Anger or irritability
- Loss of energy
- Withdrawn
- Reckless behavior

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

Warning Signs for Suicide:

If someone is at risk for suicide, you can watch for warning signs, including:

- Talking about being a burden
- Being isolated
- Increased anxiety
- Talking about feeling trapped or in unbearable pain
- Increased substance use
- Looking for a way to access lethal means
- Increased anger or rage
- Extreme mood swings
- Expressing hopelessness
- Sleeping too little or too much
- Talking or posting about wanting to die
- Making plans for suicide



Need help? Know Someone Who Does?

Contact the **988 Suicide and Crisis Lifeline** if you are experiencing mental health-related distress or are worried about a loved one who may need crisis support.

- Call or text **988**
- Chat at 988lifeline.org

Don't be afraid to ask, "Are you having thoughts of suicide?" Studies show that asking at-risk friends and family members if they are thinking about suicide does not increase suicidal thoughts.

- You are not putting ideas in their head by asking. On the contrary, asking will give you valuable information about how to proceed and help.

If the answer is **yes**, other questions you can ask to gather for information

- Have you thought about how you would do it?
- Do you have what you need to carry out your plan?
- Do you know when you will do it?

How to be Supportive:

- Listen and remain calm
- Validate and be non-judgmental
- Avoid trying to offer quick solutions
- Avoid dismissing their perceived problems

- An individual or caregiver can contact their county screening center if a mental health crisis screening is needed.

- If someone is at risk of attempting suicide right now, call your local police department or **911** right away. Imminent danger includes situations where the person is in possession of a weapon, pills, or other means to follow through with suicide.

- To refer a client for **CARES** support please contact our 24/7 hotline at **1-888-393-3007**

Content Source:

[Risk and Protective Factors | Suicide | CDC](#)
[What to Say to Someone Who Is Suicidal \(verywellmind.com\)](#)

