SUICIDE & PEOPLE WITH IDD

AWARENESS. UNDERSTANDING. ACTION. HOPE.

People with intellectual and developmental disabilities (IDD) may face unique risks for suicide. Awareness and support can save lives.

WHY RISK IS HIGHER

- Co-occurring mental health conditions (e.g., depression, anxiety)
- Social isolation, bullying, and discrimination
- Previous trauma or abuse
- Communication challenges and difficulty expressing emotions
- Limited access to appropriate mental health support
- Loss of routine, transitions, or significant life changes

WARNING SIGNS MAY INCLUDE

- Talking or writing about wanting to die
- Withdrawal from activities or people
- Sudden changes in behavior, mood, or sleep
- Increased irritability, agitation, or sadness
- Expressions of hopelessness or feeling like a burden
- Self-injury or risky behaviors
- Giving away favorite possessions

WHAT YOU CAN DO

- Be present and listen without judgment.
- Ask directly: "Are you thinking about suicide?"
- Take all concerns seriously.
- Get help: Contact a mental health professional or crisis resource.
- Support safety and remove access to means if possible.

DESTINATION *Illumination*

Illuminating Minds. Preventing Crisis.
Empowering Neurodivergent Communities.