

# NURSE DOUGLAS- ATKINSON

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**Talk Well  
Live Well**

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**PRECURSORS  
TO SUICIDE**



NATIONAL  
SUICIDE  
PREVENTION  
MONTH

 **NURSE'S  
NOTES** 

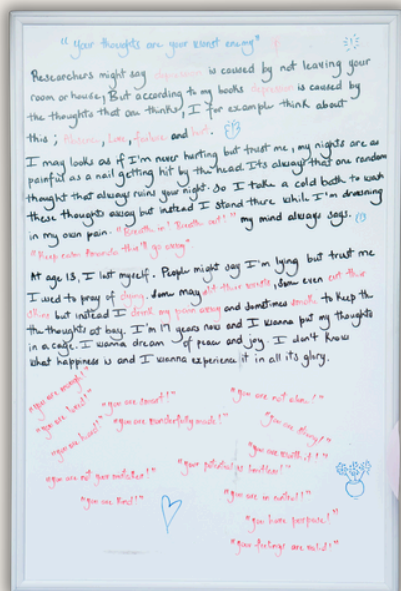
YOUR MONTHLY DOSE OF SCHOOL WELLNESS





WHAT DO YOU KNOW ABOUT SUICIDE?

# What are the precursors (causes) of suicide in someone?



## What leads to suicide?

Depression is the most common cause of suicide.

## What factors increase the risk of suicide in someone?

Things that increase the chance of someone to take their life, includes:

- Childhood abuse, neglect or trauma
- Prolonged stress, such as harassment, bullying, relationship problems or unemployment
- Stressful life events, like rejection, divorce, financial crisis, other life transitions or loss

### Individual Risk Factors

- Previous suicide attempt
- History of depression and other mental illnesses
- Serious illness such as chronic pain
- Financial problems
- Impulsive or aggressive tendencies
- Substance use
- Sense of hopelessness

### Relationship Risk Factors

- Bullying
- Family/loved one's history of suicide
- Loss of relationships
- High conflict or violent relationships
- Social isolation

### Societal Risk Factors

- Stigma associated with help-seeking and mental illness
- Easy access to lethal means of suicide among people at risk
- Unsafe media portrayals of suicide

**"Major changes in life are a common cause of suicide increasing in someone, in addition to the inability to cope with that change. Change can be hard at times, and not knowing how to deal with it can be detrimental to your health. This is your reminder to seek help when you need it." - Nurse D**

## Reference

Risk factors, protective factors, and warning signs (nd). *American Foundation for Suicide Prevention*. <https://www.cdc.gov/suicide/facts/index.html>

Risk and Protective Factors for Suicide (2024). *CDC Suicide. Prevention*. <https://www.nimh.nih.gov/health/publications/warning-signs-of-suicide>