

**Suicide is a major public health concern. Knowing the risk factors, warnings signs and basic interventions can help save lives.**

**Risk Factors** do not cause or predict a suicide attempt, but do make it more likely that someone will consider, attempt, or die by suicide. Risk factors can include:

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
- Alcohol and other substance use disorders
- Hopelessness
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical illnesses
- Previous suicide attempt(s) or family history of suicide
- Major loss such as a job, relationship, loved one or financial loss
- Easy access to lethal means
- Local clusters of suicide or exposure to others who have died by suicide (real life or media)
- Lack of social support and sense of isolation

**Warning Signs** If you or someone you know exhibits any of these warning signs, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change, seek help. Warning signs can include:

- Talking about wanting to die or to kill themselves or looking for a means, such as searching to buy a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others or feelings of intense guilt or shame
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

### **Suicide Intervention - Ask them**

Ask if they are thinking about ending their life. Studies show that asking at risk people if they are thinking about hurting or killing themselves does not increase suicides or suicidal thoughts, and can even save lives!

### **Keep them safe**

Reducing a person's access to lethal means that can be used to harm themselves is an important part of suicide prevention. For example, use a lockbox for medication storage. Be aware of and protect your own safety as well.

### **Help them connect**

Never agree to keep a potential suicide secret. Respect your friend's privacy by not sharing their personal information with others in general, but do reach out for support or referral.

- 911
- 1-800-273-8255 NATIONAL SUICIDE PREVENTION HOTLINE (call or text)
- <https://suicidepreventionlifeline.org/>
- 1-405-744-6523 OSU Police
- 1-800-722-3611 Grand Lake Mental Health Crisis Hotline
- 1-405-744-5458 University Counseling Services 320 Student Union

You can also alert a trusted faculty or staff member about your concerns or file an anonymous OSU CARE Reports at <https://ssc.okstate.edu/report.html>.

### **Follow up**

When possible and appropriate, follow up to let the person know you continue to care about their well-being. Caring connections are important.

Learn More [okla.st/osucares](https://okla.st/osucares)



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