

SUICIDE RISK FACTORS

Suicide does not discriminate. People of all genders, ages, and ethnicities can be at risk. Suicidal behavior is complex, and there is no single cause. The main risk factors for suicide are:

- Depression, other mental disorders, or substance use disorder

- Not having a deeply connected relationship

- No longer have big goals

- Comparing one's life to others and dwelling on current situation

- Merely do things because you have to, no burning passion

- Not taking positive risks

- Repeatedly saying, "I can/should do better"



CAPS

Committee for the Awareness
& Prevention of Suicide