

Who's at risk of suicide?

Suicide knows no gender, race, ethnicity or age. Anyone can be at risk of suicide, but there are factors that can increase the risk of suicide. These risk factors can be individual, relationship, community and societal. The main risk factors include:

- Depression or other mental disorders
- Substance use disorder
- Chronic pain
- Exposure to violence, including physical or sexual abuse
- Family history of suicide, mental disorders, or substance use disorder
- Trouble at school or with the law

Research shows that asking people if they are suicidal does NOT increase suicidal behavior or thoughts.

Source: The American Association of Suicidology, 2012



Questions?

**Contact Olivia Hesler at
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**Indiana
Department
of
Health**

Division of
**Family Health
Data and Fatality
Prevention**

**Let's Talk About it:
Suicide Prevention**

www.in.gov/health



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What you can do:

- Encourage talking and seeking treatment
- Offer your help in getting them professional support
- Maintain connection and continue checking in on your friend
- Listen and be compassionate
- Prioritize safety with your friend
- If your friend is having suicidal thoughts, tell a trusted adult—even if they tell you not to

Learn the FACTS

The warning signs of suicide may not be obvious, but a first step towards helping someone could be becoming aware of the FACTS.

- **Feelings**—expressing hopelessness about the future
- **Actions**—displaying severe/overwhelming pain or distress
- **Changes**—showing changes in behavior, like isolation from friends and social activities, anger, hostility or changes in sleep
- **Threats**—talking about, writing about, or making plans for suicide
- **Situations**—experiencing situations that can serve as triggers for suicide, including experiencing a loss, personal humiliation, trouble in school, at home, or with the law

Source: Indiana Department of Health. Indiana Suicide Prevention Resources Toolkit, 2020.

If you notice these signs in someone, ask them directly if they are having suicidal ideations and get them help.

Help is available through the 988 Suicide and Crisis Lifeline. Dial 988 to speak with a trained crisis specialist 24/7.



Additional resources:

National Suicide Hotline

- Call 1-800-273-8255
- Text "IN" to 741741

Trevor Project (LGBTQ+ youth)

- Call 866-488-7386
- Text "TREVOR" to 202-304-1200

Indiana 211

- Call 211

For additional support when helping someone else, scan the QR code:



Suicide is preventable.

Don't hesitate to start a conversation with someone who might be in crisis.