



## **FACTS ON SUICIDE**

### **SUICIDE LETHALITY CHARACTERISTICS**

1. What is the plan? How specific is it? When and where?
2. Has there been a public declaration of intent?
3. Have final arrangements been made? Are they specific?
4. How final is the method?
5. How lethal / reversible is the method?
6. How accessible are the means?
7. What is the proximity to rescue?
8. Was there a precipitating event? When did it occur?
9. Does the client appear to be constricted / intense?
10. Has there been a previous suicide attempt? What was the method? When did it occur?
11. Is there a family history of suicide? By whom & when?
12. Is the client seeing a psychiatrist or therapist? If so, whom?

### **STRESSORS**

- Loss of significant other by death, divorce, separation - ask who & when
- Loss of important peer / romantic relationship
- Apparent alienation / rejection of parent
- Family issues: abuse, violence, unemployment, mobility
- Recent involvement with law
- Doesn't belong to an identified peer group
- Other stressors (identify & describe)

### **SYMPTOMS**

- Disturbance in sleep
- Disturbance in appetite
- Weight loss / gain
- Isolation / withdrawal
- Psycho-motor retardation
- Accident proneness

## **SYMPTOMS (cont)**

- Truancy / running away
- Aggression / agitation
- Inability to concentrate
- Think / talking about wish to be dead
- Drug or alcohol use
- Change in personal appearance (unkempt)
- Somatic complaints (headaches, stomach problems, etc.)
- Dysphonic mood
- Lacks interest
- Hallucinations
- Sexual promiscuity

## **EMOTIONS**

Guilt

Anxiety

Hopelessness

Helplessness

Feeling that he / she is bad

Feeling that he / she should be punished

## **SIGNALS OF SUICIDE**

- a previous suicide attempt
- a threat of suicide
- feelings of hopelessness and helplessness
- talk of or preoccupation with death and despair
- anxiety and tension
- withdrawal from family or friends
- violent and / or rebellious behavior
- drug and / or alcohol abuse
- giving away valued possessions
- making final arrangements
- abrupt changes in behavior
- sudden inexplicable euphoria after a period of depression
- running away from home
- change in academic performance
- boredom
- inability to concentrate
- feelings of worthlessness
- physical complaints
- recent suicide of someone they identified with
- changes in eating habits
- abrupt changes in school attendance