



Congregational Depression Awareness Program

Suicide Risks

Studies have found that more than 90% of people who die by suicide have a mental health condition. In addition to depression, the National Institute of Mental Health lists other factors that may place a person at risk of suicide, including:

- Substance use disorder
- Chronic pain
- A history of suicide attempts
- Family history of a mental disorder or substance use
- Family history of suicide
- Exposure to family violence, including physical or sexual abuse
- Presence of guns or other firearms in the home
- Recent release from prison or jail
- Exposure, either directly or indirectly, to suicidal behavior by others such as family members, peers or celebrities

If you or someone you know needs help, call the National Suicide Prevention Lifeline at 800-273-TALK (8255). If you or a loved one are in immediate danger, call 911 and ask for someone trained in crisis intervention.