**Handout 1**

***Risk Factors for Suicidal Self-Directed Violence***

(Adapted from Klott, 2012)

*Mental Disorders*

* Children
  + PTSD associated w/ guilt/shame (feel guilty and/or blame self for traumatic stressor)
* Adolescents
  + Generalized Anxiety Disorder (persistent disabling fear of failure in academics/athletics that is uncalled for)
* Adults
  + Major Depressive Disorder (with psychotic features)
  + Bipolar Disorder (Type II more likely to commit suicide)

*Exacerbating Factors*

* Persistent Depressive Disorder *w/alcohol use or hopelessness*
* Bipolar II *as they leave depressive episode*
* Generalized Anxiety Disorder:*w/cannabis use to self-medicate (among adults)*
* PTSD
  1. *12+months undetected/untreated*
  2. *Child abuse/trauma exposure during childhood*
  3. *Depressed (disabling depression among females; irritability, anger, rage among males)*
  4. *Self-medicating [alcohol or cannabis most common] (among adolescents and adults).*
* Neurodevelopmental disorders (e.g., Autism, ID, ADHD)
  1. *Talk about a sense of being different*
  2. *No social cohesion (no friends)*
  3. *Victimized by bullying*
* Gender Dysphoria *w/rejection of primary support systems*
* Substance Related Disorder *when such is to self-medicate another mental disorder*
* Psychotic Disorders *w/in 4 months of initial diagnosis (associated with hopelessness)*

*Personal Vulnerabilities*

* Internal
  1. Performance Anxiety
     1. *I am only loved for what I do*
  2. Emotional Constriction
     1. *I can’t feel anything*
  3. Defenseless Personality
     1. *I am worthless*
* External

1. Lack of resources

*Social Stressors*

* Adults

1. Overwhelming and intolerable loss
   1. Financial security
   2. Relationships (suicide survivor)
   3. Social and occupational definition
   4. Self esteem
   5. Autonomy/independence

* Adolescents
  1. Developing a mental disorder and self-medicating
  2. Perceived isolation and aloneness
  3. Actual isolation and aloneness (Rejection, bullying, caregiver dysfunction)
  4. Disciplinary crisis (Young male incarcerated for the first time)
  5. Academic performance anxiety
  6. Family discord

1. Impulsivity (The impulsive suicide is the most common suicide observed among adolescents without a mental health history). Interacts with firearm access
   1. Suicide survivorship