

Suicide

Suicide

Intentional act of killing oneself

Suicidal thoughts are more common than suicide attempts

May Develop on a continuum

- 1) Suicidal ideation
- 2) Suicide gestures
- 3) Suicide attempts
- 4) Completed suicide

Primary Vulnerabilities

Hopelessness

Internalized anger

Depression or mental illness

Alcohol/drug use

Primary orientation to the past - stuck on past events

Lack of belonging

Isolation and loneliness

Variables to Negate Suicide

Trust in self/others

Capacity for intimacy/love

Sense of belonging

Well-developed future time perspective

Continuing of self

Suicidal Gestures

Take action toward harming themselves but not lethal

May be cry for help

ie. taking pills, superficial cuts to wrist

Psychosocial factors

History of early loss

Parental loss in childhood

Child abuse/neglect

Anniversary of loss

Negative Life Events

Recent bereavement, separation or divorce

Job loss

Release from psychiatric facility

Recovery from schizophrenia or depressive episode

Decreased social supports

Increased isolation

family turbulences

sudden life changes

Etiology of Suicide

Biological factors

No biological theory of suicide

Connect serotonin and suicide

Sociological Theory

Suicide is related to social disconnections and loss of control over individual impulses
Occurs when society fails to control individual impulses

Psychological Theory

Depression is a major factor in suicide
many clients not depressed complete suicide

Assessing Suicide Risk

S Sex
males are at higher risk
females >attempt; males >complete
males use more lethal methods

A Age
19 and younger are at higher risk

D Depression
Increases risk

P Previous Attempts
Increases risk

E Ethanol use
Alcoholic or recently intoxicated

R Rational Thinking
Psychotic or illogical

S Social support lacking
Has no social supports

O Organized plan
Has means to execute plan

N No Spouse
Highest among divorced/separated/widowed persons

S Sickness
New onset of chronic or disfiguring illness



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