

### 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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