







Risk Factors For Suicide-What are risk factors for suicide?

A range of factors-at the individual, relationship, community, and social level can increase suicide risk. These risk factors, or "foreseeable changes", are situations or problems that can increase the possibility that a person will attempt suicide.

Here are some of the trends we have identified across all of our states in completing Root Cause Analysis* on clients who have died by suicide.

	Family	Coping with death of a family member, disruption of guardianship, loss of custody or contact with child, loss of a beloved pet, relationship dysfunction
	Environment	Inability to maintain employment, impending loss of housing or instability of housing
	Health	Facing terminal illness or chronic illness, chronic pain, recent mental health crisis, frequent visits to hospital and ER
	Legal	Transferring in and out of incarceration, charges of major crimes with serious consequences

Next Steps:

- Seek guidance from your clinical supervisor if you are noticing any of the range of risk factors that may increase suicide risk.
- Follow up with your client with how they are coping with their unique life circumstances.
- Consider completing a CSSRS, Stanley Brown Safety Plan, and enrolling in the Suicide Prevention Pathway (if applicable).
- Continue to check in with their overall functioning.

If you have clients that have multiple risk factors for suicide, make sure you are checking in with them on how they are coping with these major life disruptions. Established treatment goals and objectives may not encompass a whole picture of what an individual may be working through.

How to Contact the PSO

For any questions regarding this communication, or any other patient safety related concerns, please email patient.safety@centerstone.org or reach out to your local Patient Safety Organization (PSO) representative.

Citations and Resources

CDC [Risk and Protective Factors for Suicide | Suicide Prevention | CDC](#)

American Foundation of Suicide Prevention afsp.org/risk-factors-protective-factors-and-warning-signs/#:~:text=While there is no single cause for suicide, there are

CDC Facts about Suicide [Facts About Suicide | Suicide Prevention | CDC](#)

Foreseeable Events [Two-Foreseeable-Changes-Guidance.pdf \(preventsuicideny.org\)](#)

**The purpose of these reviews are to identify root causes of the incident, and to create improvement plans of our findings. We are primarily focused on issues with our system, and NOT individual blame for incidents that occur.*