

The Many Paths to Suicide

Fundamental Risk Factors

Biological

Genetic Load

Sex

Race

Age

Personal/Psychological

Child Abuse

Loss of Parent

Culture Shock/Shift

Values Religion Beliefs

Drugs or Alcohol

Environmental

Geo-graphy

Urban vs. Rural

Model for Suicide

Proximal Risk Factors “Triggers or Final Straws”

Crisis in Relation

Loss of Freedom

Fired/Expelled

Illness

Major Loss

?

Increasing Hopelessness
Contemplation of Suicide
as Solution

WALL OF RESISTANCE

Cause of Death

Poison

Gun

Hanging

Autocide

Jumping

?

- All “Causes” are real.
- Hopelessness is the common pathway.
- Break the chain anywhere = prevention.

Counselor or therapist	Duty to others	Others?
Good health	Medication Compliance	Fear
Job Security or Job Skills	Responsibility for children	Support of significant other(s)
Difficult Access to means	A sense of HOPE	Positive Self-esteem
Pet(s)	Religious Prohibition	Calm Environment
Best Friend(s)	Safety Agreement	AA or NA Sponsor
-- Sobriety --		

Protective Factors