

Environmental Factors That Increase Suicide Risk

- A highly stressful life event such as losing someone close, financial loss, or trouble with the law
- Prolonged stress due to adversities such as unemployment, serious relationship conflict, harassment or bullying
- Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide (contagion)
- Access to lethal methods of suicide during a time of increased risk

Again, though, it is important to remember that these factors do not usually increase suicide risk for people who are not already vulnerable because of a preexisting mental disorder or other major risk factors. Exposure to extreme or prolonged environmental stress, however, can lead to depression, anxiety, and other disorders that in turn, can increase risk for suicide.

Source: <http://www.afsp.org/preventing-suicide/risk-factors-and-warning-signs>

If you are in crisis, call
1-800-273-TALK (8255)
National Suicide Prevention Lifeline