RISK & PROTECTIVE FACTORS

Suicide is rarely the result of a single event. Many things can help protect against it—and everyone has a role to play in prevention.

Risk Factors for Suicide:

Risk factors are challenges in life that may increase someone's vulnerability, whether personal, within relationships, or in the community. They can include:

- Previous suicide attempt
- Feelings of hopelessness
- Social isolation

Protective Factors For Suicide Prevention

Protective factors are supports and connections that help keep people safe and reduce the chance of suicidal behavior. They can include:

- Effective coping skills
- Connections and support from peers also living with mental health conditions
- Connections and support from family and friends
- Engagement in consistent and high quality physical and behavioral healthcare

More on risk factors and protective factors from the U.S Centers for Disease Control and Prevention (CDC):
https://www.cdc.gov/suicide/risk-factors/index.html

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Continued From Additional Resources...

Finding Strength To Keep Going: Overcoming Suicidal Thoughts

https://www.nyp.org/healthlibrary/articles/finding-strength-to-keep-going-overcoming-suicidal-thoughts

Discover strategies and resources for coping with suicidal thoughts and finding hope.

ExpressCare NYC

https://expresscare.nyc

Access free, confidential mental health and crisis support services available to New Yorkers.

New York State Office of Mental Health (OMH) Suicide Prevention Center of NYS

https://www.preventsuicideny.org

Offers many suicide prevention resources, information, and training. Targeted resources for youth, parents, students, teachers, healthcare professionals, and others also available.

How to Take Care of Yourself When Taking Care of Friends

https://jedfoundation.org/resource/how-to-take-care-of-yourself-when-youre-taking-care-of-friends/

Find strategies for maintaining your own well-being while supporting others

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SUICIDE PREVENTION RESOURCES

Every day, many people face suicidal thoughts in silence, feeling disconnected and overwhelmed. This serious public health issue affects individuals, families, and communities—but with the right support and understanding, it can be managed.

This guide shares warning signs, risk factors, and ways to find help.

Call/Text 911 if someone is **in immediate danger**, if the situation is **life-threatening**, or if it **could become violent**. That could include talking about suicide while having a plan and taking steps to act, especially if they have a history of attempts or a recent discharge from a hospital.

Call/Text/Chat 988 for a non-emergency **mental health crisis**, including when someone has suicidal thoughts but no plan or history of attempts. **Stay with them** until they are connected to a mental health professional.

Learn more about the NYC Mayor's Office of Community Mental Health:
https://nyc.gov/mentalhealth

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SUICIDE AND CRISIS HOTLINES

988 Suicide & Crisis Lifeline

Free, confidential support 24/7 for anyone in emotional distress or crisis. Call or text 988 to connect with trained counselors, or visit 988lifeline.org.

Trevor Project Crisis Helpline

Free, confidential support 24/7 for LGBTQIA+ youth in crisis by trained counselors. Call 1-866-488-7386 or text 'START' to 678678 to reach or visit thetrevorproject.org.

Veterans Crisis Line

Free, confidential support 24/7 for veterans and their families by trained counselors who understand the unique challenges veterans face. Dial 988 and press 1, or text 838255. Learn more at veteranscrisisline.net.

Samaritans of New York

24/7 confidential support for anyone in emotional distress or crisis by trained volunteers. Compassionate listening, bereavement services, and a wellness line for proactive support. Call 212-673-3000 or visit samaritansnyc.org.

http://nyc.gov/988-911-311

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COMMON WARNING SIGNS

Learning to recognize the warning signs of suicide helps us spot when someone is struggling—so we can step in with support when it's needed most.

Top Warning Signs of Suicide:

- ***Talk or Thoughts***: Expressing thoughts about wanting to die or specific plans for suicide.
- ***Behavior Changes***: Saying goodbye, withdrawing from activities, changes in sleep or eating patterns, or acting recklessly.
- ***Emotional State***: Feeling hopeless, extremely anxious, or persistently sad, and feeling like a burden.



Learn about critical warning signs that may signal someone is at risk: https://jedfoundation.org/resource/what-are-the-warning-signs-of-suicide/

http://nyc.gov/988-911-311

ADDITIONAL RESOUCES

These resources provide important information, support, and tools to help recognize, deal with, and manage mental health challenges, preventing suicide and improve emotional well-being.

American Foundation for Suicide Prevention (AFSP), NYC Chapter

https://afsp.org/chapter/new-york-city

Connect with local events, resources, and support offered by AFSP's NYC chapter dedicated to suicide prevention and awareness.

National Alliance on Mental Illness (NAMI) Metro NYC

https://naminycmetro.org/support-groups/

Offers many different peer support groups for people having suicidal thoughts, or their family and friends, and suicide loss survivors.

Signs Your Friend May Be Struggling Emotionally

https://jedfoundation.org/resource/signs-your-friend-might-be-struggling-emotionally/

Understand how to recognize emotional distress in friends and offer support.

Continued...

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