

Protective Factors for Suicide



- No previous suicide attempt
- No plan, intent or access to means
- Hopeful about the future
- Good social support from friends and family
- Healthy relationship with partner
- Close family relationships
- Has enough money (stable job/ income, ability to cope with debts)
- Ability to cope with stresses, crisis and loss
- Good physical health
- Early identification and treatment of mental illness
- Strong spiritual or religious faith

Risk Factors for Suicide



- Personal or family history of suicide or self harm
- Has plan, intent and access to means
- Previous suicide attempt
- Hopelessness about the future
- Relationship issues
- Alcohol and drug abuse or misuse
- Gambling
- Trouble with family and friends
- Money troubles: (loss of job/income, inability to cope with debts)
- Trouble with the law
- Inability to cope with current stresses, crisis and loss
- Poor physical health
- Untreated mental illness or recent discharge from psychiatric inpatient facility, or in recovery from serious mental illness.
- Male 25 - 45
- Current experience or history of domestic violence, family violence, abuse

* Developed from NT Strategic Framework for Suicide Prevention