

COMMON RISK AND PROTECTIVE FACTORS FOR SUICIDE

While there is not one cause for suicide, studies show that there are common risk and protective factors for suicide. This list is not all comprehensive: here are a few risk factors and protective factors that counteract them.

Risk Factors Could Include:

- History of depression or other mental health disorder.
- Stigmas surrounding reaching out for help.
- Recent or past trauma or life event.
- Increased or decreased substance use.
- Exposure to a suicide death or recent attempt.
- Bullying, harassment, discrimination or racism.

Protective Factors Could Include:

- Effective treatment for mental, physical, and substance use disorders.
- A sense of purpose and connectedness from family and community.
- Safe, supportive, and respectful environments.
- Resiliency- the ability to navigate life situations.
- Safe messaging on suicide that counteracts stigma and shame.
- Limited access to lethal means.

**YOU ARE NOT ALONE.
THERE IS HOPE AND HELP AVAILABLE.**



For more information, resources, and training information, please reach out to the Nevada Office of Suicide Prevention at [SUICIDEPREVENTION.NV.GOV](https://www.suicideprevention.nv.gov).