

Providing the Irish community with information, resources, and opportunities to talk about mental health.

Suicide

Causes of Suicide

While there is no one cause of suicide, it most often occurs where a person encounters stressors or health problems that cause them to feel hopelessness or despair. Mental health conditions such as anxiety, substance abuse, and depression are frequently a factor in suicide.

Warning Signs

It's not always be possible to know when someone is suicidal but there are common signs that may indicate a person is considering taking their own life.

- Talking about feeling hopeless, being a burden, feeling trapped, not seeing any future for themselves, or a wish to die
- Isolating themselves from family and friends
- Difficulty sleeping or sleeping too much
- Giving away treasured possessions
- Visiting or calling people to say goodbye
- Mood of depression, agitation or fatigue
- Impulsive or reckless behavior
- Increased use of alcohol or drugs
- Aggressive behavior and mood swings

Get Help Today

If you or someone you know is in crisis, call the National Suicide Prevention Lifeline or 911 immediately.

800-279-TALK (8255)

Risk Factors

Risk factors are characteristics or conditions that increase the chance that a person may try to take their life.

- Substance abuse
- A chronic mental illness such as bipolar, anxiety disorder, schizophrenia or depression
- Childhood abuse, neglect, or trauma
- A family history of suicide
- Previous suicide attempts
- Serious physical health conditions or pain
- Stressful life events like divorce, bankruptcy, or loss
- Long term stress like unemployment or bullying
- Exposure to another suicide or sensationalized accounts of suicide

