

To decrease suicides, 'ACT' on the Risk & Protective Factors ('SAD PERSONS CARE')

A	Acknowledge that you see them suffering, being cognizant of the below-listed Suicide Risk Factors.
C	Caring words, which foster discussion. If Risk Factors & discussion cause you to question safety, ask: "Have you thought about suicide?" As indicated, ask: "What is your plan?"; "What keeps you from taking your life?" Pull for their thought that suicide would burden their loved ones forever.
T	Treatment is sought if your caring discussion will not keep them safe. Escort critically ill students.
<i>on</i>	<u>Risk Factors:</u>
S	Sex: Males are 4 times more likely to suicide than females. LGBTQ individuals are at increased risk.
A	Age: At greatest risk are 15 to 24 year olds, largely due to their impulsivity. Older adults are at risk largely due to their losses.
D	Depression and other mood disorders: Risk increases with anger and with a family history of suicide.
P	Previous attempt: If previous attempt, student is 543 times more likely than peer to suicide in 1 year.
E	Ethanol and other substance abuse.
R	Rational thinking loss: The risk of suicide increases: if one thinks the stigma of seeking help is too great; if one's religious/cultural beliefs are that suicide is a noble resolution to problems; if one gives into the beliefs that prompt a suicide contagion. An infarct to their high social status could be life threatening.
S	Sickness or long-term health problem.
O	Organized plan of how they would suicide.
N	No significant other. Includes the breakup of a close relationship.
S	Social support lacking.
	<u>Protective Factors:</u>
C	Coping skills, such as: problem solving; assertiveness; conflict resolution; relaxation techniques; accurate thinking techniques; building social networks.
A	Access to common suicide means is limited. Guns are used in 57% of suicides.
R	Religious and cultural beliefs that discourage suicide.
E	Easy access to Effective treatments.