Risk of Suicidality
In Individuals with Serious Mental Illness

Suicidality & Serious Mental Illness

- 90% of individuals that die by suicide show signs of a mental health diagnosis.
- 50% of all suicide attempts are from individuals that live with an untreated depressive disorder.
- 29% of individuals that die by suicide have alcohol in their systems.

Prevalence of Suicidal Thoughts and Behaviors

- In 2017 there were an estimated 140,000 suicide attempts.
- In 2017, 47,173 Americans died by suicide.
- Suicide is the 10th leading cause of death in the US.
- There are an average of 129 suicides a day.
- Everyday, roughly 18-22 veterans die by suicide.

Risk Factors:

- Withdrawing from social activities
- Increased substance use
- A family history of suicide
- Access to firearms

Keeping Clients Safe

Keep the individual safe:

ASH
- Are you thinking about suicide, or have you increased thoughts about death?

SAFETY PLAN
- Reduce access to lethal items or places: create a safety plan.
- Actively listen to client and acknowledge their feelings.

CONNECT
- Refer them to the National Suicide Prevention Lifeline number, 1-800-273-TALK (1925).

FOLLOW UP
- Follow up until the individual returns to their baseline emotional status.

Always reach out to a supervisor or other clinical leader in the event a person mentions suicidal thoughts or other forms of self harm.

Citations:


