

## What makes someone think of suicide?

People will think of suicide for different reasons. If someone is exposed to a 'risk factor' it needs to be assumed that suicidal thoughts are more likely to happen.

### A risk factor might include:

- Difficult life events - such as a traumatic childhood or experiencing physical or emotional abuse
- Something upsetting or life changing such as a relationship ending or a loved one dying
- Anger at other people
- Misusing drugs or alcohol
- Living alone or having little social contact with other people
- Having a mental health condition such as depression, schizophrenia or personality disorder
- Having a physical health condition, especially if this causes pain or serious disability
- Problems with work or money

### Can antidepressants cause suicidal thoughts?

There are lots of studies about a possible link between antidepressants and feeling suicidal. But results are inconclusive. It is thought that risk may be higher during the first 28 days of starting antidepressants or reducing them. Someone taking medication should be monitored during these periods.

Someone taking antidepressants may be more likely to have suicidal thoughts and behaviours if they are under 25. It doesn't mean that antidepressants shouldn't be given for people under 25 but risks and benefits need to be thought about. If someone on medication talks about being suicidal it may be caused by the medication.

### Why may someone end their life?

There are lots of reasons why someone may end their life. Some reasons are:

- Escape what they feel is an impossible situation
- Relieve unbearable thoughts or feelings
- Relieve physical pain or incapacity

### What kind of thoughts may someone have?

When someone feels suicidal, they may have some of the thoughts listed below...

- I have let myself and other people down
- I am a burden
- I am a failure
- No one needs me
- What's the point in living?
- I will never find a way out of my problem
- I have lost everything
- Things will never get better for me
- Nobody cares about me
- I'll show them what they have done to me

Some people feel guilty for thinking about suicide if they have people who care about them. This can sometimes make the feelings of despair worse.