

Often, family and friends are the first to recognize the warning signs of suicide and can be the first step toward helping an at-risk individual find treatment with someone who specializes in diagnosing and treating mental health conditions.

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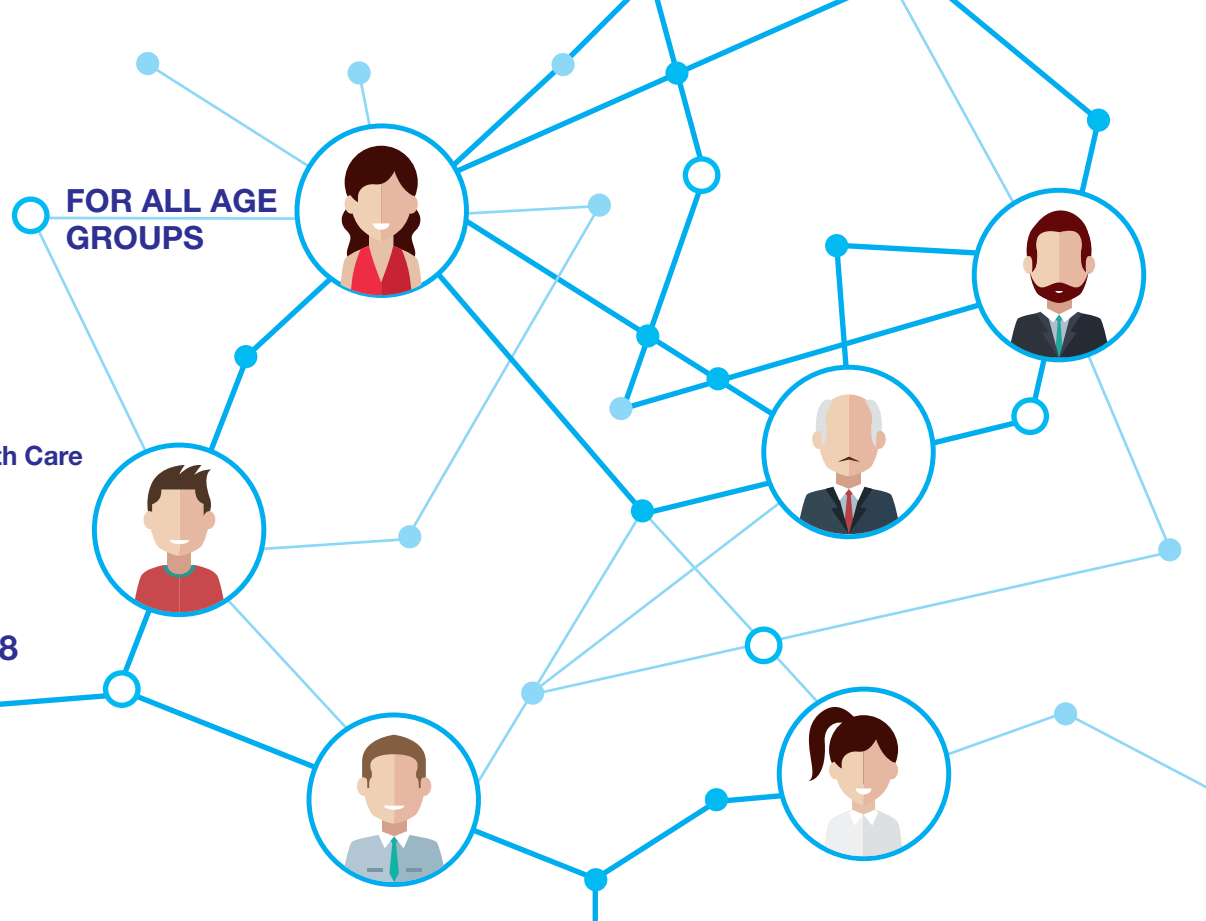


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FOR ALL AGE GROUPS



U.S. ABROAD  
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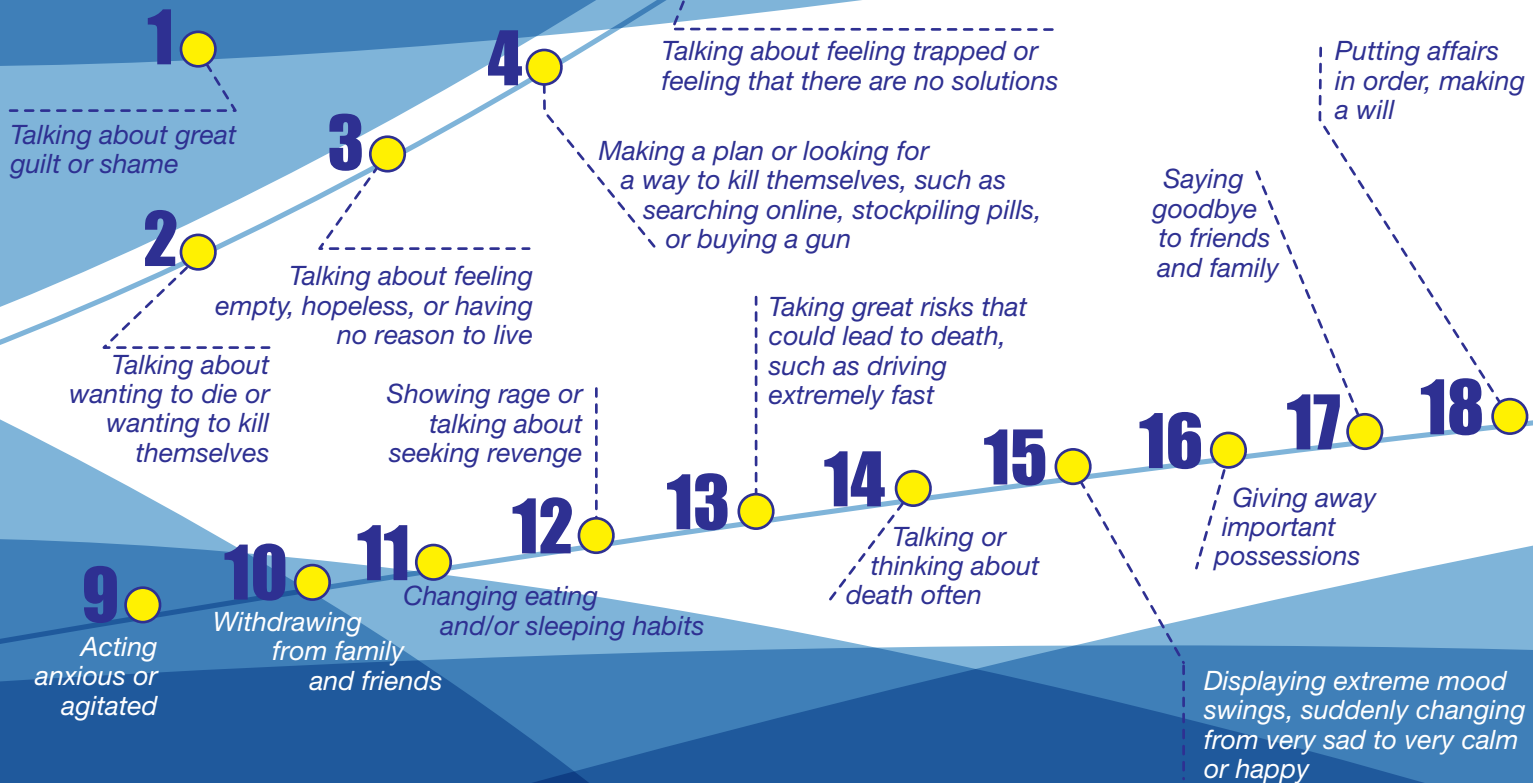
QUALITY MEDICAL SERVICES  
AND TREATMENT FOR ALL AGE GROUPS

A Shoulder to Lean On



**Suicide is a major public health concern.** Over 40,000 people die by suicide each year in the United States; it is the 10th leading cause of death overall. **Suicide is complicated and tragic but it is often preventable.** Knowing the warning signs for suicide and how to get help can help save lives.

The behaviors listed below may be signs that someone is thinking about suicide:



If these warning **signs** apply to you or someone you know, **get help** as soon as possible, particularly if the behavior is new or has increased recently. The **U.S. Abroad** lend a shoulder hotline, is **available 24/7**, accessible free from land and mobile line.



## RISK FACTORS

Suicide does not discriminate. People of all genders, ages, and ethnicities can be at risk. Suicidal behavior is complex and there is no single cause. In fact, many different factors contribute to someone making a suicide attempt. But people most at risk tend certain characteristics.

### The main risk factors for suicide are:

- Depression, other mental disorders, or substance abuse disorder
- Certain medical conditions
- Chronic pain
- A prior suicide attempt
- Family history of a mental disorder or substance abuse
- Family history of suicide
- Family violence, including physical or sexual abuse
- Having guns or other firearms in the home
- Having recently been released from prison or jail
- Being exposed to others' suicidal behavior, such as that of family members, peers, or celebrities

Many people have some of these risk factors but do not attempt suicide. It is important to note that suicide is not a normal response to stress. Suicidal thoughts or actions are a sign of extreme distress, not a harmless bid for attention, and should not be ignored.