

It is important to be aware of the following risk factors and protective factors, to help provide support and aid conversations in the prevention of suicide.

Risk factors:

Although these are common risk factors for suicide, it is important to note that experiencing one or many of them does not mean that the individual will automatically be suicidal.

Education

- Experiencing bullying / been bullied
- Excluded from school
- Academic pressures
- Impending exam pressure and results pressure

Family/relationships

- Care leaver
- Child looked after
- Young carer
- Previous suicide in the family
- Bereavement
- Family breakdown
- Social isolation
- Friendship breakdown
- Sexuality
- Identifying as LGBTQ+
- Exposure to domestic violence

Mental Health:

- Anxiety
- Depression
- Stress
- Parents with mental health issues

Other factors:

- Substance misuse
- Parent/ carer substance misuse
- Living with an Autism diagnosis
- Physical abuse
- Sexual abuse
- Physical illness
- Living with a disability
- In trouble with the police

Suicide risk factors and protective factors for children and young people

- Exposure to suicidal behaviours via social media
- Experiencing trolling (online abuse/ cyberbullying)

Protective factors:

Education

- Positive relationship(s) with teacher(s)
- Opportunity to achieve, both academically and socially
- Participating in clubs/ groups/activities
- Feeling a part of the school community
- An embedded whole school approach to mental wellbeing

Family/ relationships

- Positive peer relationships
- Healthy family relationships
- Family stability
- Supportive parenting
- Strong support network
- Feeling connected to others

Mental health

- Effective coping and problem-solving skills
- Open communication around feelings/ emotions with support network
- Understanding what mental health is and its fluctuability
- Availability of consistent physical activity

Other factors:

- Feeling of purpose
- Having a balanced amount of responsibility
- Strong sense of cultural identity
- Capacity to reflect
- Access to positive role models (in person or online)

These are not exhaustive lists, but are some of the most common factors