

**Figure 1: Examples of possible triggers and precipitating events to suicide**

Risk Factors	Warning Signs	Tipping Point	Imminent Risk
<ul style="list-style-type: none"> <li>› <i>mental health problems</i></li> <li>› <i>gender male</i></li> <li>› <i>family discord, violence or abuse</i></li> <li>› <i>family history of suicide</i></li> <li>› <i>alcohol or other substance abuse</i></li> <li>› <i>social or geographical isolation</i></li> <li>› <i>financial stress</i></li> <li>› <i>bereavement</i></li> <li>› <i>prior suicide attempt</i></li> </ul>	<ul style="list-style-type: none"> <li>› <i>hopelessness</i></li> <li>› <i>feeling trapped – like there’s no way out</i></li> <li>› <i>increasing alcohol or drug use</i></li> <li>› <i>withdrawing from friends, family or society</i></li> <li>› <i>no reason for living, no sense of purpose in life</i></li> <li>› <i>uncharacteristic or impaired judgement or behaviour</i></li> </ul>	<ul style="list-style-type: none"> <li>› <i>relationship ending</i></li> <li>› <i>loss of status or Respect</i></li> <li>› <i>debilitating physical illness or accident</i></li> <li>› <i>death or suicide of relative or friend</i></li> <li>› <i>suicide of someone famous or member of peer group</i></li> <li>› <i>argument at home</i></li> <li>› <i>being abused or bullied</i></li> <li>› <i>media report on suicide or suicide methods</i></li> </ul>	<ul style="list-style-type: none"> <li>› <i>expressed intent to die</i></li> <li>› <i>has plan in mind</i></li> <li>› <i>has access to lethal means</i></li> <li>› <i>impulsive, aggressive or anti-social behaviour</i></li> </ul>