



“U-N-S-A-F-E”

Aid for Remembering

Risk Factors of Suicide for Mental Health Consumers

A risk factor is a personal factor found to be linked to high suicide risk.

- U** Unconnected – No or weak social or community supports; sense of not belonging or being a burden is voiced
- N** Nonadherence – Unmanaged mental illness or co-occurring disorders, not following treatment plan
- S** Stigma/shame related to past attempts or other suicidal behavior
- A** Abuse history and/or alcohol misuse
- F** Family history of completed suicide or suicide attempts
- E** Exacerbations – Worsening of mental illness, return of symptoms, hospitalizations, recent hospital discharge

“S-A-F-E-R”

Aid for Remembering

Protective Factors of Suicide for Mental Health Consumers

A protective factor is a personal factor found to be linked to low suicide risk.

- S** Self-help and problem-solving skills are strong; a personal crisis/ suicide prevention plan (or a W.R.A.P.) has been developed
- A** Adherence to treatment plan, following treatment plan
- F** Family and social/community supports are available;
- E** Education about risk factors, warning signs, and triggers
- R** Recovery and resilience

THIS IS AN EDUCATION TOOL. IT IS NOT INTENDED FOR USE IN SCREENING OR ASSESSING SUICIDE RISK. PLEASE SEE A MEDICAL OR BEHAVIORAL HEALTH PROVIDER IF YOU HAVE QUESTIONS ABOUT SUICIDE RISK.

***IF YOU OR SOMEONE YOU KNOW ARE HAVING THOUGHTS OF SUICIDE
MONTGOMERY COUNTY CALL MCES - 610-279-6100 OR 9-1-1
DELAWARE COUNTY CALL PROJECT REACH – 610-352-4703 OR 9-1-1
NATIONALSUICIDE PREVENTION LIFELINE – 1-800-273- TALK (8255)***

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