

“U-N-S-A-F-E”
Aid for Remembering
Youth Risk Factors of Suicide

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

- U** Unconnected – Weak social or community supports; sense of not belonging or being a burden
- N** Negative/pessimistic view of self, present, future
- S** Shame related to humiliation, victimization
- A** Abuse history and/or alcohol misuse
- F** Family history – Suicide, mental illness, substance abuse
- E** Emptiness – Depressed, sad, hopeless

“S-A-F-E-R”
Aid for Remembering
Youth Protective Factors of Suicide

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

- S** Spirituality – Values and beliefs counter to self-harm
- A** Adaptive – Flexible, accepting of change, optimistic
- F** Family and social ties/supports are strong
- E** Education about risk factors, warning signs, and triggers
- R** Resilience – Good self-help, problem-solving, help-seeking skills

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
NATIONAL LIFELINE – 1-800-273- TALK (8255)***