

Warning Signs Mnemonic

(from AAS Consensus Working Group!)

- I** **Ideation** / threatened or communicated
- S** **Substance Abuse** / excessive or increased?

- P** **Purposelessness** / no reasons for living
- A** **Anxiety** / agitation / insomnia
- T** **Trapped** / feeling no way out
- H** **Hopelessness** / nothing will ever change

- W** **Withdrawal** from friends, family, society
- A** **Anger** (uncontrolled)/ rage / seeking revenge
- R** **Recklessness**/ risky acts / unthinking
- M** **Mood Changes** (dramatic)

Risk Factors	PERPETUATING CONDITIONS (chronic, long-standing, unchangeable)	PREDISPOSING CONDITIONS (whether old or new-these increase risk)	PRECIPITATING CONDITIONS (acute and current)
FAMILY	<ul style="list-style-type: none"> ■ Family history of suicide, mental illness, substance abuse ■ Race ■ Gender 	<ul style="list-style-type: none"> ■ Unrealistic parental expectations ■ Abuse (emotional, physical, sexual) 	<ul style="list-style-type: none"> ■ Major family conflict ■ Exposure to suicide of family member ■ Anniversary of death ■ Moving often
PERSONAL BEHAVIORAL	<ul style="list-style-type: none"> ■ Loss through death, abandonment, divorce 	<ul style="list-style-type: none"> ■ Previous suicide attempt ■ Mental illness ■ Substance abuse ■ Extreme Perfectionism ■ Poor coping/social skills ■ Impulsive 	<ul style="list-style-type: none"> ■ Current acute Mental Illness ■ Severe stress/anxiety ■ Isolation ■ Rejection ■ Relationship break-up ■ Increased use of substances
ENVIRONMENTAL SOCIAL	<ul style="list-style-type: none"> ■ Inconsistent, neglectful or abusive parenting ■ Sexual orientation 	<ul style="list-style-type: none"> ■ Experience of repeated loss ■ Chronic severe stress ■ Ongoing harassment 	<ul style="list-style-type: none"> ■ Active suicide cluster in community ■ Access to lethal means ■ Bullying, harassment ■ Loss of freedom (e.g., incarceration)