



Trauma Response®

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THE AMERICAN ACADEMY OF EXPERTS IN TRAUMATIC STRESS, INC.

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## Indicators Suggestive of a Greater Likelihood of Self-Destructive Potential

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by Mark D. Lerner, Ph.D. and Raymond D. Shelton, Ph.D.  
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- has previously attempted suicide
- has a history of self-destructive behavior
- is talking or writing about suicide
- has a specific plan
- has access to a gun or other lethal means
- is suffering from depression or other mental illness
- has experienced a prior tragedy (e.g., suicide of family member)
- is involved with alcohol and/or other substance
- describes his situation as “hopeless”
- has sleep and/or eating disturbances
- is talking about “not being around...”, saying good-bye
- gives away possessions