

Every suicide, like every person, is different. Many are sparked by intense feelings of anger, despair, hopelessness, or panic. Things that can put an individual at a higher risk for suicide in the short term include: an episode of depression, psychosis, or anxiety a significant loss, such as the death of a partner or the loss of a job a personal crisis or life stress, especially one that increases a sense of isolation or leads to a loss of self-esteem, such as a breakup or divorce loss of social support, for example, because of a move or when a close friend relocates an illness or medication that triggers a change in mood exposure to the suicidal behaviors of others, such as friends, peers, or celebrities.