How it starts	How it gets bigger	How thought turns to action

Tendencies and traits

+

Environment

+

Life events

Feeling defeated and dissatisfied → **Feeling trapped and hopeless** → **Thinking about suicide** → **Suicidal behaviour**

Things that make it worse:

- Not knowing how to get help from others
- Limited coping strategies
- Focusing on negative memories, and forgetting positive memories
- Replaying negative thoughts

Things that make it worse:

- Feeling like you don't belong, even when you want to fit in
- Feeling like you bring others down
- Not looking forward to the future
- Not having goals
- Norms that:
  * encourage suicide, or
  * make a person feel bad about themselves
- Feeling emotionally vulnerable
- Not having support from others
- Feeling good about the idea of suicide

Things that make it worse:

- A clear plan for a suicide attempt
- Access to the things needed to try the plan
- Knowing or hearing about people who have attempted suicide
- Imagining suicide in a detailed way
- Feeling OK with your own death
- Acting suddenly or without thinking things through
- Feeling numb to physical pain
- Having suicide attempts in the past

Every aspect of this diagram is changeable – people and workers can collaborate to reduce suicidality.

Note: This diagram is intended for a worker to discuss with a person. It should not be given to a person without worker support.

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Version I