In Connecticut, the top 3 risk factors for suicide among all age groups were:

1. **Depressed mood**
2. **Substance use disorder**
3. **History of treatment for mental illness**

**RISK FACTORS**
- Mental Health Disorders
- Serious Physical Health Conditions Including Severe Pain
- Family History
- Trauma

**WARNING SIGNS**
- Change In Behavior
- Increased Use of Substances
- Loss of Interest
- Isolation
- Giving Away Prized Possessions

**HOW TO HELP**
- Be Direct: Talk Openly and Honestly
- Be Non-Judgmental: Don’t Lecture About the Value of Life
- Get Involved: Be Available to Help and Support