The Relationship Between Non-Suicidal Self-Injury and Suicide

How Self-Injury and Suicide Differ

- **Emotion Triggers**
  - **Self-Injury**: to feel better
  - **Suicide**: to end feeling
- **Amount**
  - **Self-Injury**: much more lethal
  - **Suicide**: casualized by high psychosocial distress
- **Frequency**
  - **Self-Injury**: often used regularly or off-and-on to manage stress and other emotions
  - **Suicide**: less severe distress motivates action

Common Risk Factors of NSSI and Suicide Thoughts and Behaviors

- **History of trauma, abuse, or chronic stress**
- **History of alcohol or substance abuse**
- **Feelings of isolation**
- **Feelings of worthlessness**

People Who Engage in Both Suicidal Behaviors and NSSI are More Likely to Report:

- Over 20 lifetime NSSI incidents
- Psychological distress in the last 30 days
- A history of emotional or sexual trauma
- Greater feelings of hopelessness
- Greater family conflict and poor relationship with parents
- More impulsivity and risky behaviors
- Greater substance use
- A diagnosis of Major Depressive Disorder (MDD) or Post Traumatic Stress Disorder (PTSD)

The National Institute of Mental Health’s Key Signs and Signals in Assessing Whether A Person is Actively Suicidal

- Talking about wanting to die
- Feeling trapped and as if there is no end to pain
- Increased use of substances (drugs or alcohol)
- Mood swings

For More Resources
- Corin Johnson, Good Samaritan Project, “Join the conversation” 780-459-6644
- The Youth Suicide Prevention Network (The YSPN), "The relationship between non-suicidal self-injury and suicide", Suicide and the Elderly (2014), 52(2)
- The National Suicide Prevention Lifeline (1-800-273-TALK)