

RISK AND PROTECTIVE FACTORS IN YOUTH SUICIDE MORTALITY

Understanding what puts youth at risk and what protects them.



The first systematic review and meta-analysis of youth (less than 24 years) that identifies risks and protective factors to better inform suicide prevention efforts.

90

STUDIES

(mainly from high income countries)

106

**RISK AND PROTECTIVE
FACTORS IDENTIFIED**

(in at least 2 studies)

Upstream prevention

- Financial support for families
- Family support & parenting interventions
- School retention and academic support
- Safe and supportive environments for youth
- Reintegration support after justice-system involvement



Categories of risk/protective factors



Mental health disorders (25)



Physical disorders (8)



Health-care service contacts (8)



Prenatal and perinatal (6)



Socioecological determinants (59)

Downstream prevention

- Early detection and treatment of mental health disorders
- Continuity of care
- Safety planning after self-harm



Next steps

Further research is needed to clarify developmental pathways linking socioecological determinants to suicide mortality, including their interplay with mental health disorders.



UPSTREAM FACTORS

DOWNSTREAM FACTORS

SOCIOECOLOGICAL FACTORS



Maltreatment



Justice-system involvement



Lower education



Out-of-home placement



Lower parental income

Protective Factor



Living with both parents

MENTAL HEALTH DISORDERS



Self-harm



Schizophrenia



Mood disorders

HEALTH-CARE SERVICE CONTACTS



Mental health services (year prior)



Psychiatric admission