

## Glossary

Suicide prevention can sometimes include language you may not be familiar with. The following are terms used commonly when talking about it:

Term	Definition
Suicidality	An umbrella term for suicide ideation, plans, behaviour, attempts and suicide.
Suicidal behaviour	A spectrum of activities related to death by suicide, non fatal suicide attempts, self-harm, and suicide ideation.
Suicide ideation	Thoughts of taking one's own life. They can be either passive ("Life is not worth living"; "It wouldn't be so bad if I died") or active ("I can't do this anymore. I'm going to end it.").
Suicidal plan	A plan to complete suicide that includes when, how and where
Suicide intent	Determination to self harm to end own life
Suicide attempt/ Suicidal act	Acting on the suicidal thoughts through a non-fatal self-injurious behaviour with an intention to die as a result of it. It may or may not result in injury.
Suicide <b>loss</b> survivors	Someone who has lost a loved one or an immediate family, friend or acquaintance to suicide
Suicide attempt survivor	Individuals who have survived a previous suicide attempt
Parasuicidal behaviours	Having thoughts of suicide and engaging in non-lethal self-harming behaviours with or without the intent to die
Assisted suicide	When a person assists another person to take their own life by providing the knowledge or the means to do so
Physician assisted suicide	When a doctor assists their patient to take their own life, usually by providing a prescription of lethal medication
Suicide contagion/ Copycat suicide	When one suicide or suicidal act within a family, peer group, school or community increases the risk of others attempting suicide
Suicide prevention	A strategy or approach that reduces the likelihood or delays the risk of suicidality
Suicide warning signs	Verbal, non-verbal or behavioural signal that a person uses to indicate that they are at risk of suicide

Imminent risk	When a person's current actions are believed to be indicative of his/her completion of suicide
Suicide postvention	A strategy or approach implemented after a suicide attempt or crisis has occurred
Suicide Intervention	A strategy or approach intended to prevent a person from taking their own life intentionally
Substance abuse	A pattern of harmful use of substances such as alcohol, illegal drugs and some substances that are not drugs at all for mood altering purposes. It's called abuse because they are used in a way that is not recommended, prescribed or intended.
Gatekeepers	Individuals such as, non mental health professionals, administrators, coaches, home health aides, and others trained to identify persons at risk of suicide and refer them to treatment or medical services as appropriate
Protective factors	Factors that make it less likely that an individual will attempt/complete suicide. These factors may encompass biological, psychological, social, individual, family and environment
Risk factors	Factors that make it more likely that an individual will attempt/complete suicide. These factors may encompass biological, psychological, social, individual, family and environment
Lived experience of suicide	The personal experience of suicide, suicidal thoughts or a suicide attempt, caring for someone during a suicidal crisis, bereavement by suicide or being affected by suicide in any other way.
Self harm/ Self injury	Intentionally causing pain or damage to their own body motivated by suicidal intent or non-suicidal intent.
Suicide rate	A rate of 10 suicide deaths per 100,000 means that there are 10 suicides for every 100,000 of that population
Non Suicidal Self Injury (NSSI)	Intentionally injuring oneself without suicidal intent