

Suicidal behaviors, intellectual disability (ID), autism spectrum disorder (ASD)

23 % of persons with ID and 40 % of persons with ASD have experienced suicidal ideation.

11 % of persons with ID and 15 % of persons with ASD have attempted suicide at least once in their life.

Tools are available to help prevent suicide in persons with ID or ASD.

ditsasuicide.ca

Contact Us

Cécile Bardon, PhD
and her team

crise@uqam.ca

Université du Québec à
Montréal (UQAM)



Centre for Research and Intervention
on Suicide, Ethical Issues and
End-of-Life Practices

UQÀM

Chaire de déficience intellectuelle
et troubles du comportement

Université du Québec à Montréal

Preventing suicide
in persons with
intellectual
disability or
autism spectrum
disorder

Acting Together to Save Lives



Intellectual disability,
Autism,
Suicide

Suicide risk in persons with ID or ASD is the consequence of an interaction between:

- Predisposing factors in base level functioning and individual characteristics, and risk factors.
- Critical moments and precipitating factors, either one-time or recurrent with a cumulative effect.

When the suicide option is present, there is a risk of suicidal episode.

Understanding

Screening

Screening aims to identify the presence of suicide-related manifestations and danger in the very short term. Such manifestations can be verbal or non-verbal. They are unique to each person. Recent changes in cognitions, behaviors, emotions, as well as specific associated contexts, give us clues to reveal the presence of suicide-related manifestations.

IDAS PROCESS: A SET OF HELPFUL TOOLS TO SUPPORT CLINICAL JUDGEMENT

Manage suicidal episode

Once screening is complete and we believe a person displays suicide-related manifestations, a timely and adapted intervention must be made to ensure the person's safety, decrease danger, reduce suicidal ideation and distress. A post-suicidal episode follow-up is also key to reduce risk and adapt future interventions.

Reduce suicide risk

In the long term, it is helpful to identify distal risk factors to understand the person's own suicidal process, including the patterns and functions of suicide-related manifestations. A long-term approach to suicide prevention also allows us to determine the danger of future suicidal episodes and define interventions to reduce risk factors and reinforce the person's protective factors.

Visit ditsasuicide.ca to download the IDAS Process clinical tools for screening, suicidal episode management and risk reduction.