

Suicide Prevention 101

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This a pre-recorded webinar and the
inbox is not active.

If you or someone you know is experiencing a crisis
and/or suicidal ideation and needs support and help
immediately please call 911 or the suicide
prevention life-line at 1800-273-8255.

If this is a life-threatening emergency dial 911.



Takeaways from this training

You will learn why suicide awareness and prevention matters

You will be given the tools to help ANYONE experiencing thoughts of suicide



Confidentiality and Learning Agreements



What is Suicide?

- The definition of suicide is the intentional taking of one's own life.

Facts:

Prior to the late nineteenth century, suicide was legally defined as a criminal act in most western countries.

This is why the suicide prevention community says “die by suicide” or “killed themselves” instead of “committed suicide”.

Committed Suicide says the person has performed a criminal act instead of the person is having a psychiatric emergency.



Myths and Facts

If you talk about suicide or encourage them to do so, you are giving the person the idea or

MYTH



Talking about suicide actually relieves pressure. Many individuals state that if they had someone they felt they could talk to, or someone would have asked them about it, they would not have attempted.



Once someone has made
suicide, there is no stopp

MYTH

ey want to die by



You can intervene at any time



Suicide is not that big of

MYTH



In 2017 suicide was:

2nd leading cause of death for individuals between the ages of 15-44 in Colorado

10th leading cause of death in the United States

47,173 individuals died by suicide in the United States in this year

1.4 Million individuals attempted suicide in 2017

50.57% of suicides involved a firearm

On average there are 129 suicides per day-



Source: Afsp.org

In Perspective

This plane holds 135 Passengers

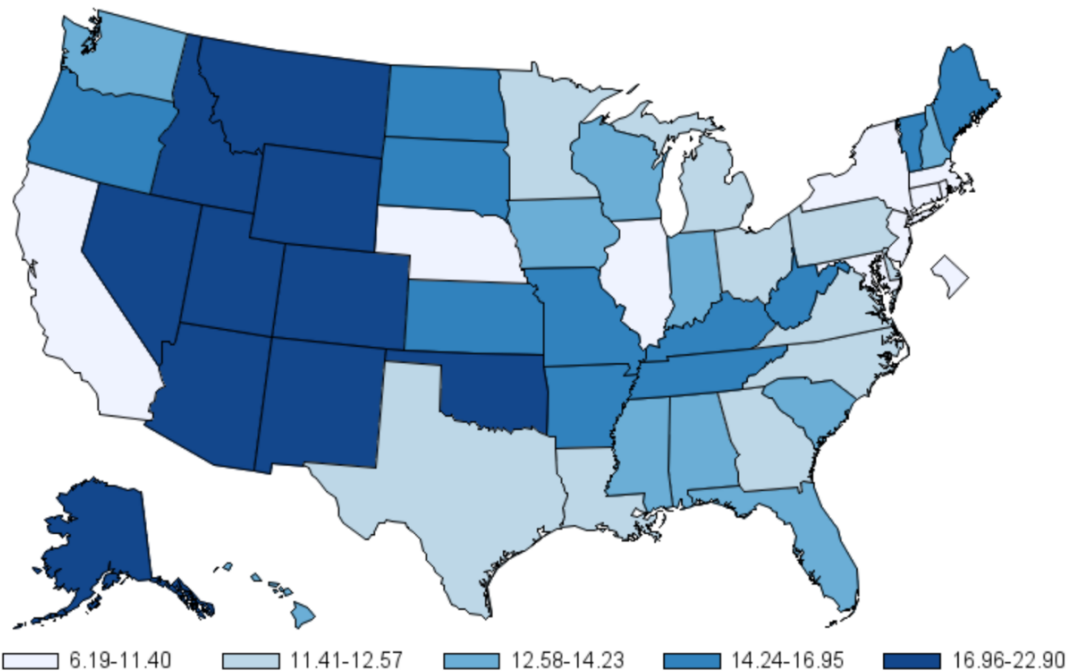


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Suicide Rates in the United States
(by state; per 100,000; average 2008–2014)

Data Courtesy of CDC



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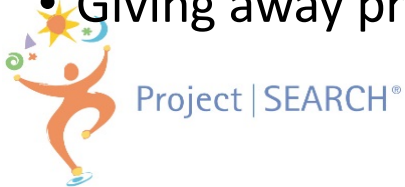


How will I know when someone is experiencing suicidal ideation?



Risk Factors to be aware of

- Depression and other mental health disorders*
- Increased use of alcohol or drugs
- Looking for a way to kill themselves, such as searching online for materials or means
- Acting recklessly
- Hopelessness
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions



Deeper Dive Into Depression

- What is depression?
 - Depression disorder lasts for more than 2 weeks and affects:
 - Emotions
 - Relationships
 - Physical wellbeing
 - Ability to work
 - Ability to carry out daily activities

Depression is the leading mental health disorder linked to suicide among all populations



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Environmental Risk Factors

- Stressful life events which may include a death, divorce, or job loss
 - Grief response in DD/ID populations is often delayed-
- Prolonged stress factors which may include harassment, bullying, relationship problems, and unemployment
- Access to lethal means including firearms and drugs
- Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide
- Lack of social supports or health care supports



Increased risk if...

- Has a previous suicide attempt
- Substance miss-use
- Mental health condition
- Chronic Pain

- Increased populations:
 - LGBTQ
 - Latina Youth



More Perspective

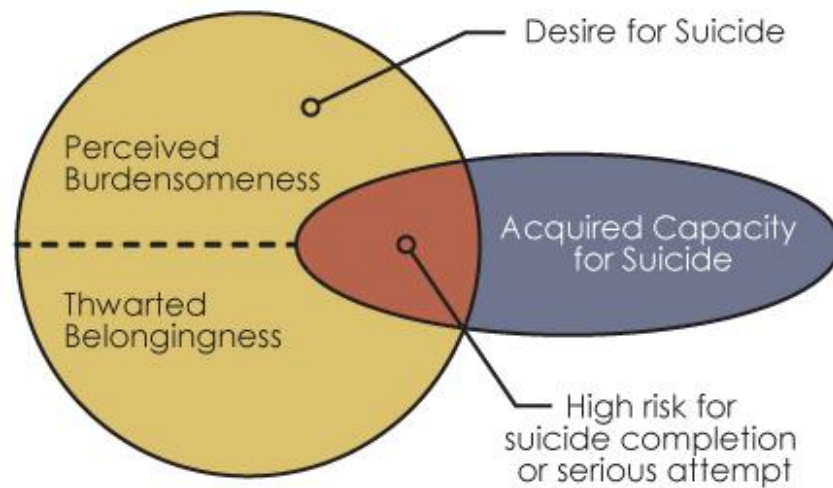


Figure 1: Thomas Joiner's model of suicide risk, 2006



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How to Ask

- “Wilma, I have noticed you have not really been enjoying your cooking like you once did. You seem very sad and you tell me you are sad when I ask how you are. I am worried about you. Are you thinking about suicide?”
- “Fred, people who have gone through a similar situation of losing a parent has thoughts of suicide. Is this something you are thinking about?”



When the answer is yes

Take a deep breath-

Its hard to know what to say – its okay if you don't know what to say

Acknowledge the courage it takes for that person to share something like this:

- Thank you for trusting me enough to tell me how you are feeling
- Wow, I don't know what to say right now, just know I am here for you



How to Help

1. Listen in a non-judgmental way

- Actively listen- Eye contact, repeating back, etc.
- Get information regarding if a person has a plan

2. While listening: Offer Encouragement

- I am on your team
- I am here for you
- **Do not**
 - Shame
 - Oh my God- you need help
 - How could you do that to the people who love you!!
 - You will go to hell if you do that

3. Give guidance

- What it is:
 - What do you think would be most helpful for you right now?
 - During (my/their) experience, I/they found some things helpful, would you like to hear about them?
- What it is **not**:
 - I have a great therapist that I can recommend to you



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How to Help (cont'd)

Sometimes, there are moments when you question the persons honesty:

1. Follow your gut

- If something doesn't feel right, don't let it go. Persist and set boundaries
- DO NOT leave someone alone who is suicidal

Sometimes, there are moments when a person is refusing help:

2. Set boundaries-

- “You know, I am very worried for you (because of XYZ) and I am uncomfortable walking away- I think we need to get a professional to help or call someone. Who would you like to call?”
- Sometimes, you will not be the person that someone wants to talk about their suicidal thoughts with, and that's OKAY- However, if you are worried, you MUST help them get to a person they can talk to in that moment
 - Who can we call right now? Brother, Sister, Best Friend?
 - If the person doesn't have anyone to call- call the life line and let them assess
 - Call 911



National Suicide Prevention Life Line

Call: 1-800-273-8255 (TALK)

24 hours a day 7 days a week

1. When you call the system will ask if you are a veteran (Press 1 if you are)
2. Directs your call based on area code
 - a. If your area code does not match the state in which you are in identify that to the operator-
3. In some states there are mobile crisis services that can check on people and they follow up after a call. ***Make sure you know what your state offers!***

****Want to chat online or need a crisis center?**

Go to [The National Suicide Prevention Lifeline](#) **



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Questions and Answers

