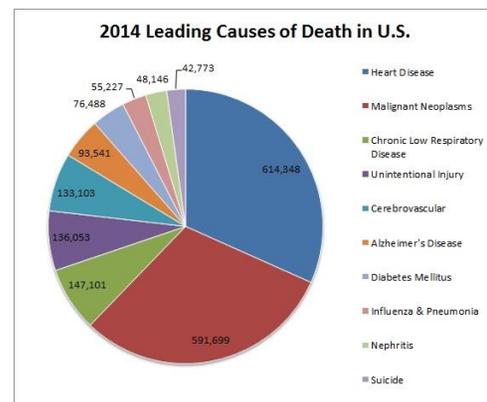
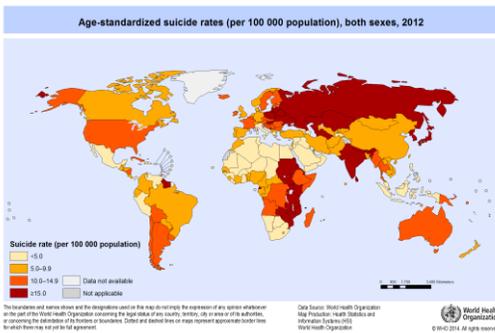


# SUICIDE PREVENTION

“Hope is all”

- Dr. Paul Quinnett



## GENERAL STATISTICS - CDC

- Suicide is the 10<sup>th</sup> leading cause of death in the US for all ages.
  - There is one death by suicide in the US every 12.3 minutes.
  - Depression affects 20-25% of Americans ages 18+ in a given year.
  - Suicide took the lives of 42,773 Americans in 2014 (13.4/100,000).
  - There is one suicide for every estimated 25 suicide attempts.
- An estimated quarter million people each year become suicide survivors (AAS)
  - Females attempt suicide 3 x's as often as males
  - Suicide among males is 4x's higher than females
    - Male deaths represent 79% of all U.S. suicides
    - Firearms are most commonly used by males; females most common method is poisoning/overdose

## LOCAL STATISTICS 2014

- North Dakota
  - 137
  - 18.5/100,000
- Minnesota
  - 686
  - 12.6/100,000

## WARNING SIGNS OF SUICIDE

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawn or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

### ADDITIONAL WARNING SIGNS

- Preoccupation with death.
- Suddenly happier, calmer.
- Loss of interest in things one cares about.
- Visiting or calling people to say goodbye.
- Making arrangements; setting one's affairs in order.
- Giving things away, such as prized possessions.

### COMMON MISCONCEPTIONS

- **FALSE: People who talk about suicide won't really do it.**

Do not ignore suicide threats.

- **FALSE: Anyone who tries to kill him/herself must be crazy.**

Extreme distress and emotional pain are not necessarily signs of mental illness.

- **FALSE: If a person is determined to kill him/herself, nothing is going to stop them.**

Even the most severely depressed person has mixed feelings about death.

- **FALSE: People who commit suicide are people who were unwilling to seek help.**

Studies of suicide victims have shown that more than half had sought medical help in the six months prior to their deaths.

- **FALSE: Talking about suicide may give someone the idea.**

Bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do.

People who die by suicide don't want  
to end their lives;  
they want to end the pain.

- Anonymous

#### SUICIDE PREVENTION TIP #1: SPEAK UP IF YOU'RE WORRIED

- If you spot the warning signs of suicide in someone you care about, you may wonder if it's a good idea to say anything. What if you're wrong? What if the person gets angry? In such situations, it's natural to feel uncomfortable or afraid. But anyone who talks about suicide or shows other warning signs needs immediate help—the sooner the better.

### o Talking to a person about suicide

- The only way to find out about their thoughts and feelings is to ask them directly.
- You can't make a person suicidal by showing that you care.
- Talking may actually prevent a suicide attempt.

### o Ways to start a conversation about suicide:

- o I have been feeling concerned about you lately.
- o Recently, I have noticed some differences in you and wondered how you are doing.
- o I wanted to check in with you because you haven't seemed yourself lately.

### o Questions you can ask:

- o When did you begin feeling like this?
- o Did something happen that made you start feeling this way?
- o How can I best support you right now?
- o Have you thought about getting help?
- o What you can say that helps:
- o You are not alone in this. I'm here for you.
- o You may not believe it now, but the way you're feeling will change.
- o I may not be able to understand exactly how you feel, but I care about you and want to help.
- o When you want to give up, tell yourself you will hold off for just one more day, hour, minute—whatever you can manage.

### Do.....

- o Be yourself
- o Listen.
- o Be sympathetic, non-judgmental, patient, calm, accepting.
- o Offer hope.
- o Talk openly and directly.

### DON'T.....

- o Argue with the suicidal person.
- o Act shocked, lecture on the value of life, or say that suicide is wrong.
- o Promise confidentiality.
- o Offer ways to fix their problems, or give advice, or make them feel like they have to justify their suicidal feelings.
- o Blame yourself.

**SUICIDE PREVENTION TIP #2:****RESPOND QUICKLY IN A CRISIS**

- Evaluate the immediate danger the person is in.
- Those at the highest risk for committing suicide in the near future have a specific suicide **PLAN**, the **MEANS** to carry out the plan, a **TIME SET** for doing it, and an **INTENTION** to do it.

- The following questions can help you assess the immediate risk for suicide:

- Do you have a suicide plan? (**PLAN**)
- Do you have what you need to carry out your plan (pills, gun, etc.)? (**MEANS**)
- Do you know when you would do it? (**TIME SET**)
- Do you intend to commit suicide? (**INTENTION**)

- **Do not, under any circumstances, leave a suicidal person alone.**

**SUICIDE PREVENTION TIP #3:****OFFER HELP AND SUPPORT**

- Offer an empathetic, listening ear.
- Let them know that he or she is not alone and that you care.

- Don't forget to take care of yourself.
- Find someone that you trust—a friend, family member, clergyman, or counselor—to talk to about your feelings and get support of your own.

**“Never, never, never give up.”**

**- Winston Churchill**

o National Suicide Prevention Lifeline

**[1-800-273-TALK](tel:1800273TALK) (8255)**

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