Suicide Prevention
Lunch and Learn Program
November 9, 2011
Objectives

- Recognize the warning signs
- Learn what to do
- Learn about resources
Statistics

- In California
  - Suicide - 10\textsuperscript{th} leading cause of death
  - 9 people die by suicide every day

- In a 2 week period, 5\% of people are thinking about suicide
90% of suicides in the U.S. are associated with mental health disorders, including abuse of alcohol and other drugs.

Suicide and suicidal behaviors occur in all age groups and across all socioeconomic, racial, and ethnic backgrounds.
Risk Factors

- Mental illness, alcohol and other drug abuse disorders
- Feelings of hopelessness and inability to make positive changes in one's life
- History of trauma or abuse
- Previous suicide attempt or family history of suicide
- Loss – job, financial, relationship, social
Warning Signs

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself – a plan
- 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 use of alcohol or drugs
Warning Signs

- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings
- Giving away prized possessions
What Can You Do?

- Ask
- Listen
- Act
Express your concerns: I’m worried about you because I see (x,y,z warning signs)

Be direct – Ask about a plan: Are you having thoughts about suicide (killing yourself)?

Talking about suicide won’t put the idea in someone’s head
Listen and Look

• Don’t be shocked or judgmental
• Accept the person’s feelings
• Don’t try to solve their problems
Act

- Safely remove means – gun or pills
- Offer hope – alternatives
- Seek support
- Don’t promise secrecy
- Get help
  - Call 911
  - Call Suicide Prevention Hotline
Think will make it worse
Don’t know what to do
Too scared to help
Don’t want to interfere
Don’t want responsibility
Have enough of my own troubles

Your actions can save someone’s life!
If you need immediate help – call 911

Suicide Prevention Center:
- 1-877-7-CRISIS or 1-877-727-4747

National Suicide Prevention Lifeline:
- 1-800-273-TALK (8255)
Don’t Forget Yourself!
Protective Factors

10 Tools to Live Your Life Well:
1. Connect with Others
2. Stay Positive
3. Get Physically Active
4. Help Others
5. Get Enough Sleep
6. Create Joy and Satisfaction
7. Eat Well
8. Take Care of Your Spirit
9. Deal Better with Hard Times
10. Get Professional Help if You Need It
Susan Chaides, MEd, RN, CPNP
Consultant, School Health Programs
LACOE – Student Support Services
(562)922-6473
chaides_susan@lacoe.edu