

TALK SAVES LIVES

An Introduction to Suicide Prevention



AMERICAN FOUNDATION FOR
Suicide Prevention

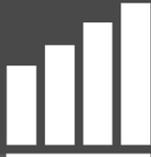


Suicide
is a **health**
issue.



You can
prevent
suicide.

-  Statistics
-  Research
-  Prevention
-  What Can You Do?



Statistics

STATISTICS



Over
800,000
people die
by suicide
each year.

STATISTICS



Someone dies by suicide every **40 seconds.**

STATISTICS



In the U.S. suicide is the **10th leading cause of death.**

In 2014: **42,773** people died by suicide.

STATISTICS

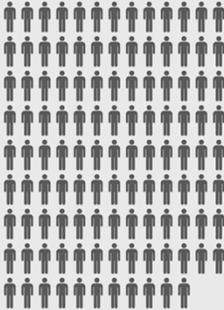


For every suicide...

25 others attempt.



STATISTICS



Each suicide leaves behind an average of **115 people**

STATISTICS



Suicide has an economic impact.

\$44 billion per year in the United States.

SUICIDE: NORTH DAKOTA 2016 FACTS & FIGURES

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
North Dakota	137	17.49	15
Nationally	42,773	12.93	

Suicide cost North Dakota a total of \$140,345,000 of combined lifetime medical and work loss cost in 2010, or an average of \$1,324,010 per suicide death.

IN NORTH DAKOTA, SUICIDE IS THE...

- 2nd leading cause of death for ages 15-34
- 3rd leading cause of death for ages 35-44
- 4th leading cause of death for ages 45-64
- 18th leading cause of death for ages 65 & older

Suicide is the 9th leading cause of death overall in North Dakota.

On average, one person dies by suicide every 6.4 hours in the state.

More residents of North Dakota die by suicide than by homicide on average every year. In North Dakota, the total deaths to suicide reflect a total of 3.175 years of potential life lost (YPLL) before age 65.





RESEARCH



Why do people take their own lives?
There is **no single cause**, but rather multiple intersecting factors.

RESEARCH



9 out of 10 people who die by suicide have a mental health condition contributing to their death.

RESEARCH



1 in 4 people will suffer from a mental health condition, and most **do not** go on to die by suicide.

RESEARCH



Physical Differences
The brains of people who die by suicide **differ** from those who die from other causes in both **structure** and **function**.

RESEARCH



Most people who attempt suicide are **ambivalent** about death.

RESEARCH



The Perspective of a Suicidal Person

Crisis point has been reached.
Desperate to escape unbearable **pain**.
Thinking becomes **limited**.

RESEARCH

The Goals of Research

 Biomarkers	 Interventions
 Psychotherapies	 Medication

RESEARCH



Who is at risk?

RESEARCH

Risk Factors

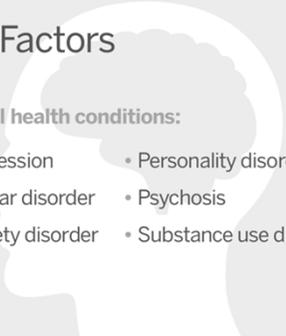


RESEARCH

Health Factors

Mental health conditions:

- Depression
- Bipolar disorder
- Anxiety disorder
- Personality disorders
- Psychosis
- Substance use disorders



RESEARCH

Other Health Factors

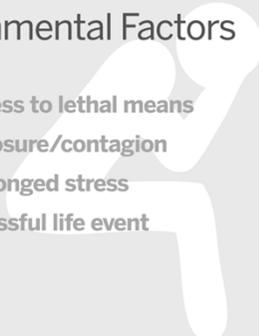
- Serious or chronic health conditions
- Serious or chronic pain
- Serious head injuries



RESEARCH

Environmental Factors

- Access to lethal means
- Exposure/contagion
- Prolonged stress
- Stressful life event



RESEARCH

Historical Factors

- Family history of suicide
- Family history of mental health conditions
- Childhood abuse
- Previous suicide attempts



RESEARCH

What others know: 

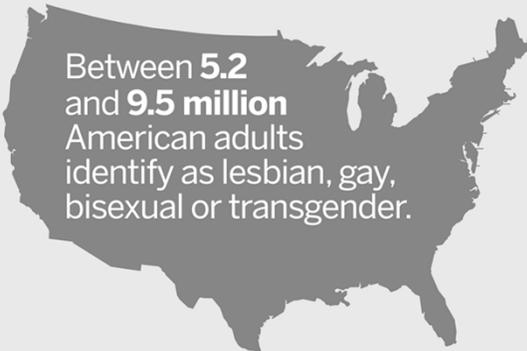
What they may not know:

 Genetic risk	 Depression
 Prolonged stress at work	 Drinking more than usual



LGBTQ+ & Suicide

LGBT & SUICIDE



Between **5.2** and **9.5 million** American adults identify as lesbian, gay, bisexual or transgender.

LGBT & SUICIDE

LGBTQ+ is an umbrella term



LGBT & SUICIDE

Higher Rates for Suicide Attempts in LGBTQ+ Populations



3 to 4 X
higher for LGB youth and adults



8 to 10 X
higher for transgender adults

LGBT & SUICIDE

More Research is Needed




LGBT & SUICIDE

Risk Factors



- Discrimination
- Victimization
- Family Rejection
- Minority Status
- Internalized Homophobia

LGBT & SUICIDE

Protective Factors



- Companionship
- Compassion
- Acceptance
- Shared Hobbies



Seniors & Suicide

SENIORS & SUICIDE



Suicide rates are higher among Americans 65 and older, especially for men.

SENIORS & SUICIDE

Suicide attempts in adults over 65 are more likely to result in death.

SENIORS & SUICIDE

Depression is not a natural part of growing older.

SENIORS & SUICIDE



- Isolation
- Significant losses
- Changes in health
- Loss of autonomy
- Role changes

SENIORS & SUICIDE



- Companionship
- Compassion
- Appreciation
- Shared Hobbies



Prevention

PREVENTION

Protective Factors

- Mental health care
- Family and community support
- Problem-solving skills
- Cultural and religious beliefs



PREVENTION



Mental health care is an important ingredient for preventing suicide.

PREVENTION



The problem: only **1 in 5** with a mental health condition **seeks treatment**

We need a culture where everyone knows to be smart about mental health.

PREVENTION

Mental Health Treatment

- + • **Talk Therapies**
- + • **Medication**

Other Treatments:

- Electroconvulsive Therapies
- Light Therapy
- Transcranial Magnetic Stimulation

PREVENTION



The law requires insurance plans to cover **mental health** services the same as **physical health** services.

PREVENTION

Self Care Strengthens Mental Health

 Exercise	 Healthy diet
 Sleep	 Stress management

PREVENTION

Limiting access to means prevents suicide.

PREVENTION

Limiting Access to Means

 CO sensors in cars	 Barriers on bridges
 Blister packaging for medication	 Firearm safety

PREVENTION

Support for loss survivors and those with lived experience.




What can **you** do?

SUPPORT

		
Watch for the warning signs	Reach out	Seek help

SUPPORT

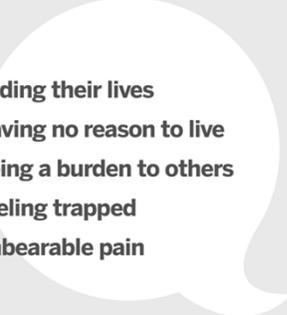
Suicide Warning Signs

		
Talk	Behavior	Mood

SUPPORT

Talk

- Ending their lives
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain



SUPPORT

Behavior

- Increased use of alcohol or drugs
- Insomnia
- Acting recklessly
- Withdrawing from activities
- Isolating from family and friends
- Looks for a way to kill themselves
- Giving away possessions

SUPPORT

Mood

- Depression
- Apathy
- Rage
- Irritability
- Impulsivity
- Humiliation
- Anxiety
- Agitation

SUPPORT

Trust your gut.

Assume you're the only one who is going to reach out.

SUPPORT



TALK SAVES LIVES

SUPPORT

How to Reach Out

- Talk to them in **private**
- **Listen** to their story
- Express **concern** and **caring**
- **Ask directly about suicide**
- Encourage them to **seek mental health services**

SUPPORT



- Avoid** minimizing their feelings
- Avoid** trying to convince them life is worth living
- Avoid** advice to fix it

SUPPORT

If you think they might make an attempt soon.



Stay with them



Help them **remove lethal means**



Escort them to mental health services

SUPPORT



Suicide Prevention
Lifeline
1-800-273-TALK

SUPPORT



For emergencies.
911

SUPPORT

We can create a culture that's **smart** about **mental health** and **suicide prevention.**



Save the Date!

Friday, Sept. 16
Bismarck/Mandan
Community
Out of the Darkness Walk
afsp.org/northdakota

Questions?

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