

SUICIDE PREVENTION: WHAT WE ALL NEED TO KNOW

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**American
Foundation
for Suicide
Prevention**

AGENDA

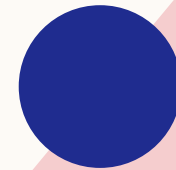
Overview of Youth & Adult Suicide

Risk Factors & Warning Signs

What You Can Do if You are Concerned

A Smart Mental Health Culture

Resources





WORDS MATTER!

AVOID

- Committed suicide
- Successful, unsuccessful or failed attempt
- Value judgments (i.e. selfish, weak, etc.)

USE

- Died by suicide, Ended their life
- Suicide, Survived attempt
- The reasons someone dies by suicide are never simple. Many factors contribute to suicide.

135



FACTS ABOUT SUICIDE

Suicide is the 11th
leading cause of death
overall

70% are White Males

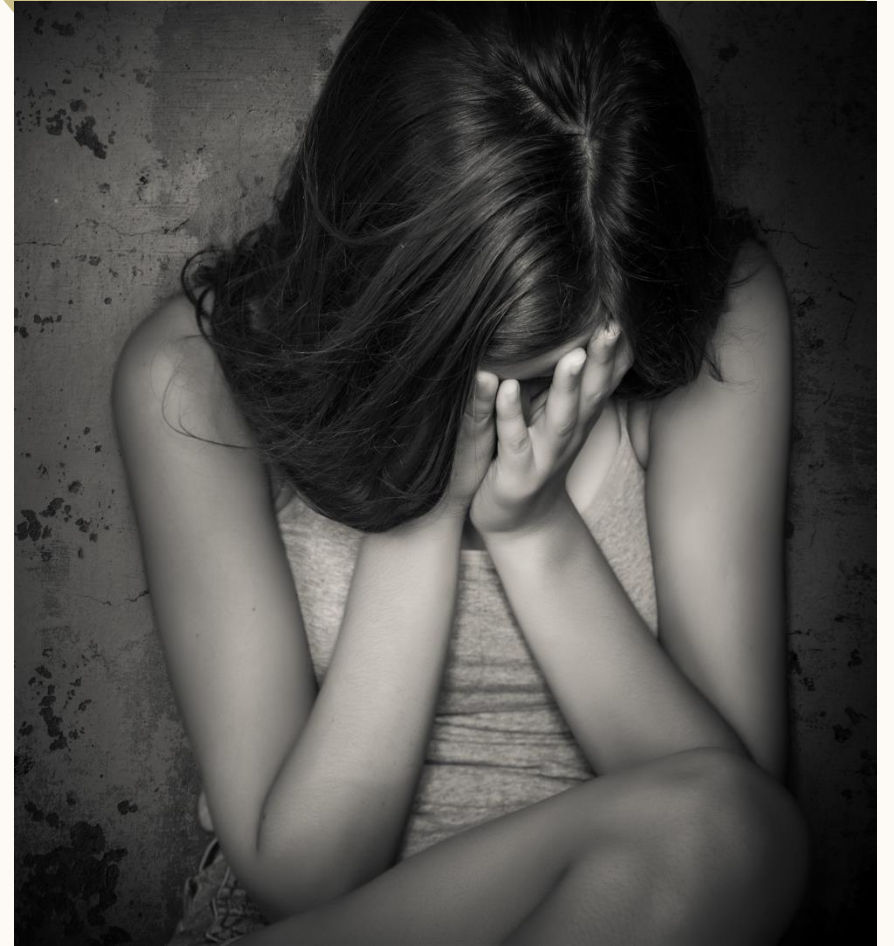


An abstract graphic on the left side of the image. It features a series of concentric white circles on a light green background. To the right of the circles is a solid light blue shape. Below the green area is a light pink area, and to the right of the pink area is a light red area. The text is positioned to the right of these shapes.

**IN 2022, 13.2 MILLION
ADULTS SERIOUSLY
CONSIDERED SUICIDE**

FACTS ABOUT SUICIDE

Suicide is the 3rd leading
cause of death among 10-
24 year olds



IN MECKLENBURG COUNTY

23.3% of middle schoolers...

15.1% of high schoolers...

Had serious thoughts of suicide





TRUE OR FALSE

People who talk about suicide
aren't serious and are seeking
attention.

FALSE!



TRUE OR FALSE

Asking someone about suicide increases the chances of them acting on it or gives them the idea.

FALSE!



TRUE OR FALSE

Both mental illness and suicide are a result of a lack of faith or a person being “weak.”

FALSE!



TRUE OR FALSE

If someone is determined to take their own life, there is nothing that you can do.

FALSE!

PREVENTING SUICIDE

Risk Factors

Warning Signs

Protective Factors



WHY DO PEOPLE TAKE THEIR OWN LIVES?



There is no
single cause.

It's many things
that happen at
the same time.

KNOW

THE RISK

FACTORS

RISK FACTORS: HEALTH CONDITIONS



- Chronic Health Conditions
- Pain
- Traumatic Brain Injuries
- Major Depressive Disorder
- Substance Use Disorders
- ADHD
- Conduct Disorder
- Bipolar Disorder
- Eating Disorders
- Personality Disorders
- Generalized Anxiety Disorder
- Schizophrenia
- PTSD

RISK FACTORS: ENVIRONMENTAL FACTORS

- Stressful life events (short & long-term) – loss, death, discord in family, bullying, relationship difficulties, financial strain, loss of housing, isolation
- Loneliness
- Exposure to suicide loss
- Lack of access to care
- Academic or Occupational stress
- Discrimination -LGBTQ / Racism
- Access to lethal means





A NOTE ABOUT FIREARMS

- Account for 55% of all suicides
- 90% of attempts with firearms are fatal

Securing firearms **SAVES LIVES!**

RISK FACTORS: HISTORICAL FACTORS


- Previous attempts
- Self-injury
- Family history
- Abuse/Neglect
- Trauma



Warning
Signs



SUICIDE RISK IS GREATER IF THE WARNING SIGN IS:

- new
 - has increased
 - related to an anticipated or actual painful event, loss, or change
 - associated with the acute onset of mental illness
- 

WARNING SIGNS: TALK



If a person talks about:

- Killing themselves/being dead
- Having no reason to live - hopelessness
- People would be better off without them
- Feeling trapped or stuck
- Overwhelming pain

WARNING SIGNS: BEHAVIOR



Changes In:

- Drugs/Alcohol
- Researching ways to die
- Risk taking
- Isolation
- Sleep changes
- Saying goodbye
- Giving away possessions
- Getting into fights or arguments
- Changes in performance
- Appearance

WARNING SIGNS: MOOD



- Depression
- Loss of interest/Apathy
- Rage
- Irritability
- Humiliation/Shame
- Anxiety
- Impulsivity

WHAT TO DO IF YOU ARE CONCERNED ABOUT SOMEONE



HOW YOU CAN HELP

- **Talk** to them in private
- **Ask directly** about suicidal thoughts
 - Are you thinking of ending your life?
- **Listen** to their story
- Express concern & **care**
- **Connect** them to mental health services
 - Therapists, Doctors, 988, ER's, 911

IF YOU THINK THEY MAY MAKE AN ATTEMPT SOON



Stay with them



**Help them
secure or remove
lethal means**



**Escort them
to mental
health services**



STAY CONNECTED!


They will still need you after
you connect them to
professional supports!

Check in and express support!

LET'S TRY IT!

- 1) Practice with a partner asking each other about suicidality and how you will respond if they are suicidal.
- 2) Discuss what makes this question hard to ask.





CREATING A SMART MENTAL HEALTH CULTURE



STOP THE STIGMA!

- Talk about Mental Health & Feelings
- Talk about Struggles
- Normalize Seeking Help
- Be a Good Listener
- Be Nonjudgmental & Supportive
- Model Good Self-Care & Boundaries

RESOURCES

- **American Foundation for Suicide Prevention**

afsp.org

- **Find a Mental Health Professional**

findtreatment.samhsa.gov

[mentalhealthamerica.net/
finding-help](https://mentalhealthamerica.net/finding-help)

- **Seize the Awkward**

seizetheawkward.org

[@seizetheawkward](https://twitter.com/seizetheawkward)

- **To Write Love On Her Arms**

Connect to mental health
resources in your community

twloha.com/find-help

- **notOK App**

notokapp.com

- **NAMI**

[nami.org/
Your-Journey/
Teens-Young-Adults](https://nami.org/Your-Journey/Teens-Young-Adults)





988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT

CRISIS TEXT LINE |

Text HELLO to 741741

Free, 24/7, Confidential

MOBILE CRISIS TEAM

704-566-3410
Option 1

Mobile Crisis Team is available 24 hours a day, 7 days a week to provide immediate crisis support in the areas of mental health, substance use, situational crises, and critical incident debriefing. Their skilled clinicians are extensively trained to de-escalate the situation, assist in establishing a safe and stable crisis plan, and provide necessary connections to community resources.

**WALK
WITH US**
TO PREVENT SUICIDE
REGISTER TODAY

Charlotte Metro Out Of The Darkness Community Walk

Saturday, November 2, 2024

UNC Charlotte Jerry Richardson Stadium Concourse
Charlotte, NC

Register at
afsp.org/Charlotte



American
Foundation
for Suicide
Prevention



OUT OF THE
DARKNESS
Community Walks

QUESTIONS?

Thank you!!!

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