



An Introduction to Suicide Prevention



**Suicide is a
health issue.**



**Suicide can
be prevented.**



Scope of the Problem



Research



Prevention



What You Can Do



**How we talk
about suicide
matters.**

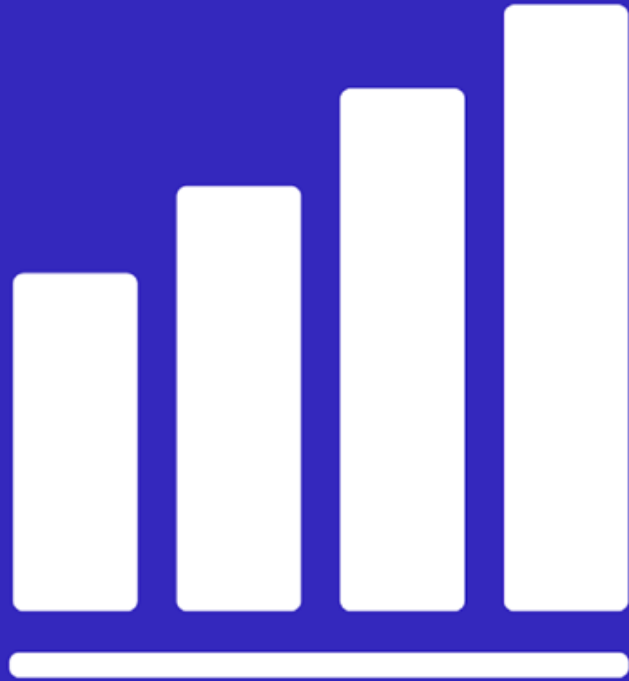
Language Do's and Don'ts

Avoid Saying

- × "Committed suicide"
- × "Failed" or "successful" attempt

Say

- ✓ "Died by suicide"
- ✓ "Ended their life"
- ✓ "Killed themselves"
- ✓ "Suicide attempt" or "death by suicide"



Scope of the Problem

SCOPE OF THE PROBLEM



**Over 800,000
people die
by suicide
each year.**

SCOPE OF THE PROBLEM



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

SCOPE OF THE PROBLEM



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

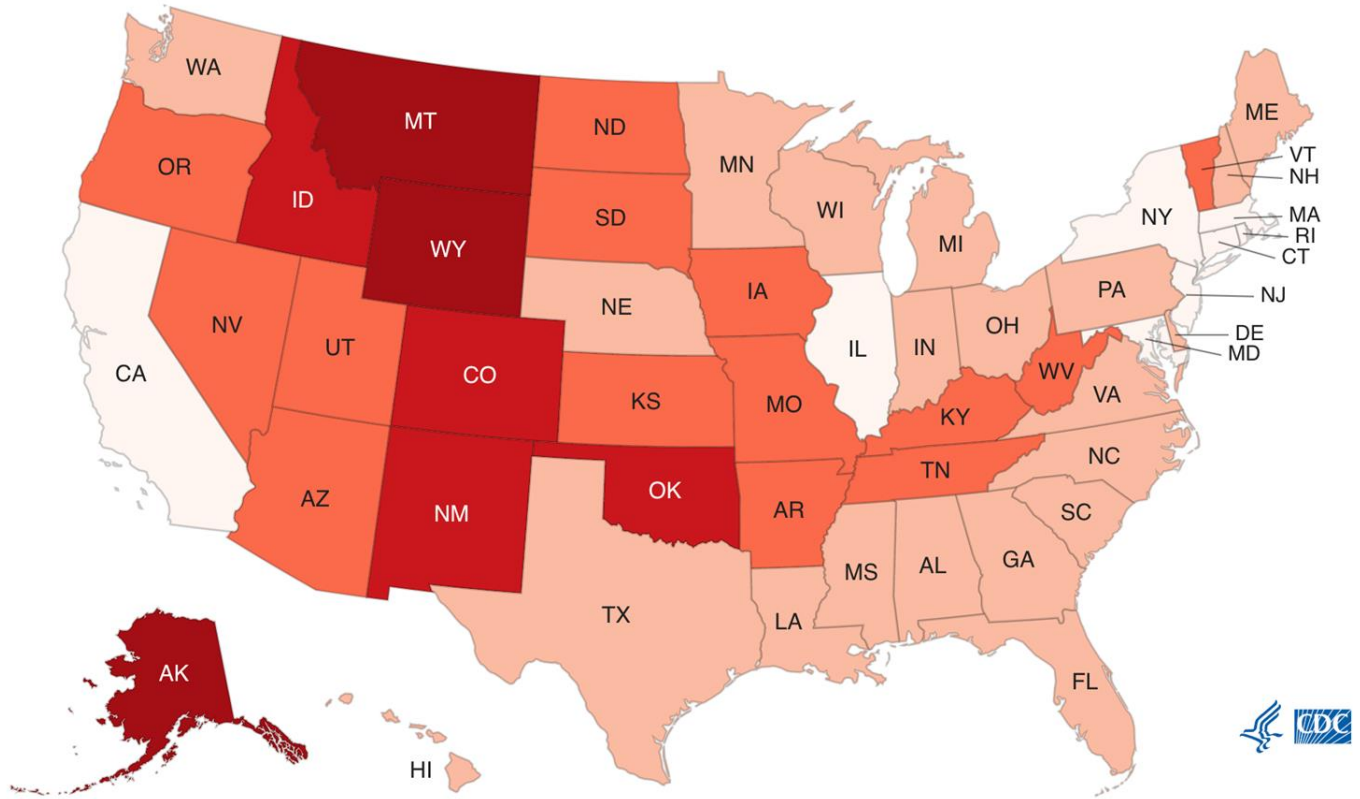
In 2018: 48,344 people died
by suicide.

SCOPE OF THE PROBLEM



**For every
suicide...
25 others
attempt.**

SUICIDE IN IDAHO



- 419 per year
- 5th highest rate
- 23.2 per 100,000
- 9th leading cause of death

Of students who seek mental health services through CATS

- 38.7% have had thoughts of suicide in the past two weeks
- 42.2% have seriously considered suicide in their life
- 14.8% have attempted suicide in the past



SCOPE OF THE PROBLEM



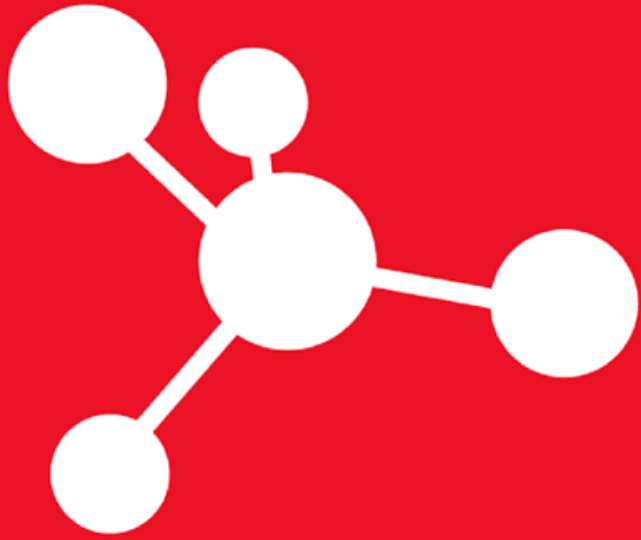
**Suicide impacts
individuals and
communities.**

SCOPE OF THE PROBLEM



**Suicide has
an economic
impact.**

\$69 billion per year in the
United States.



Research



Why do people take their own lives?

There is no single cause, but rather multiple intersecting factors.

RESEARCH



The large majority of people who die by suicide have a mental health condition contributing to their death.

RESEARCH



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



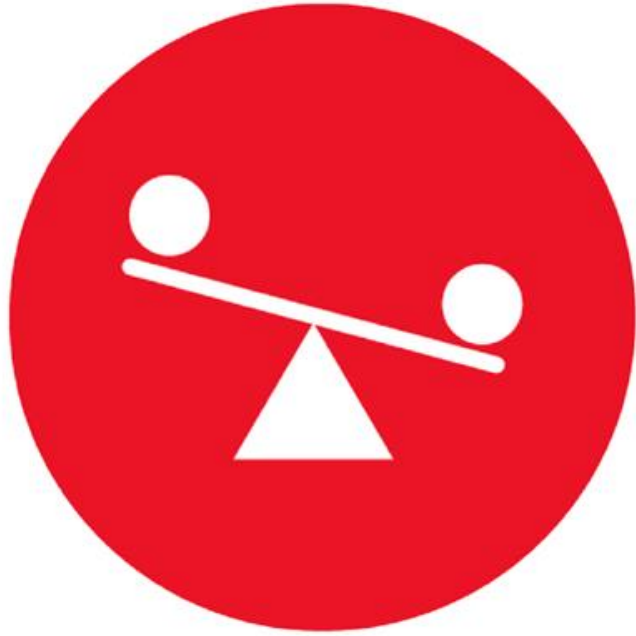
Physical Differences

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 are suicidal are ambivalent about taking their life.



The Perspective of a Suicidal Person

- Crisis point has been reached
- Desperate to escape pain
- Thinking becomes limited



Myths about suicide

- No one can stop a suicide.
- Confronting someone about suicide will increase risk.
- If I ask about suicide it will give them the idea.
- Only experts can prevent suicide.
- Suicidal people keep their plans to themselves.
- People who talk about suicide don't do it.

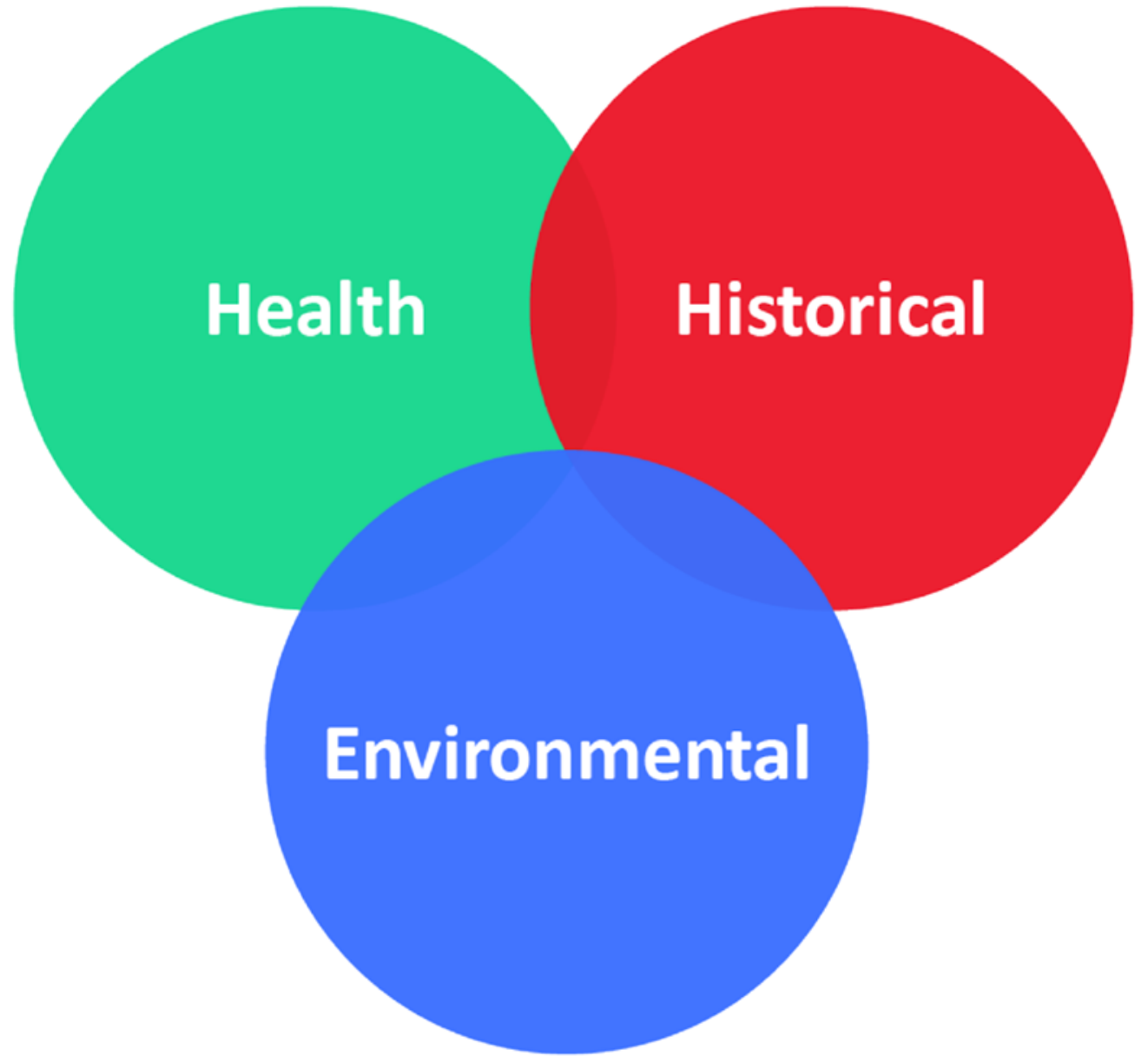
RESEARCH



Who is at risk?

RESEARCH

Risk Factors

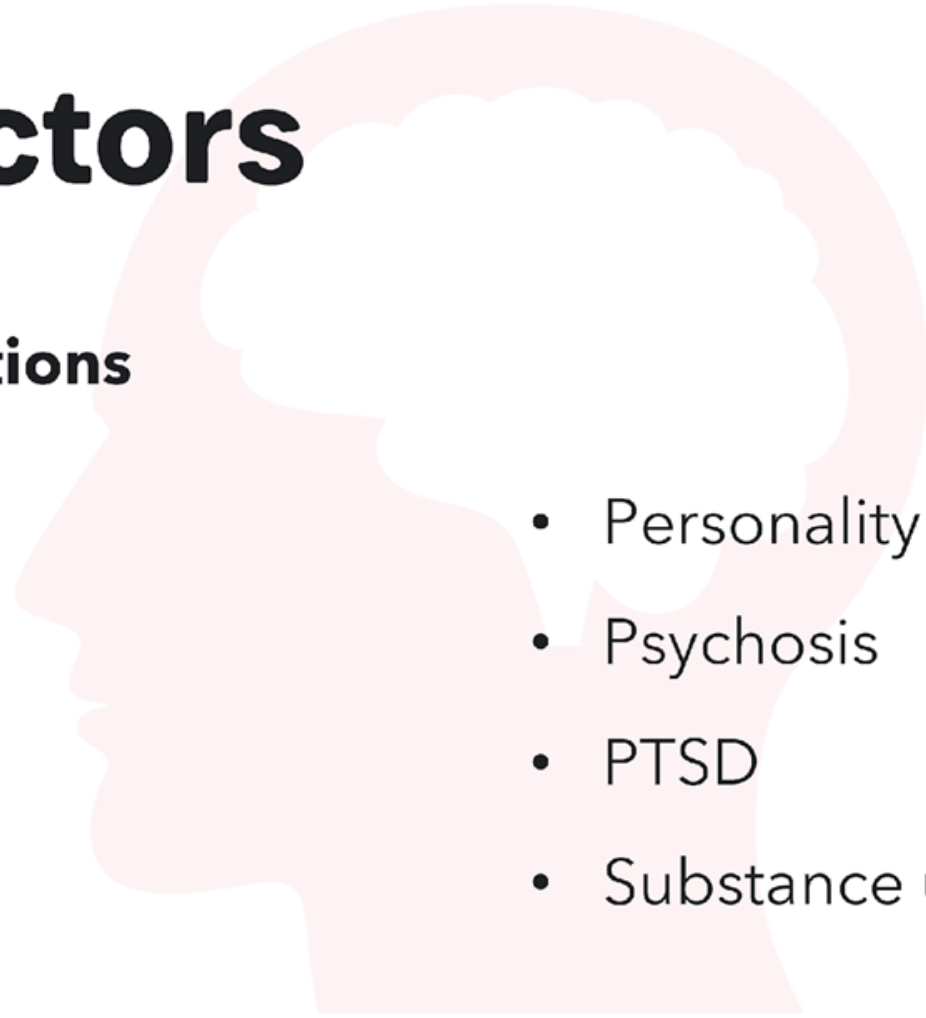


RESEARCH

Health Factors

Mental Health Conditions

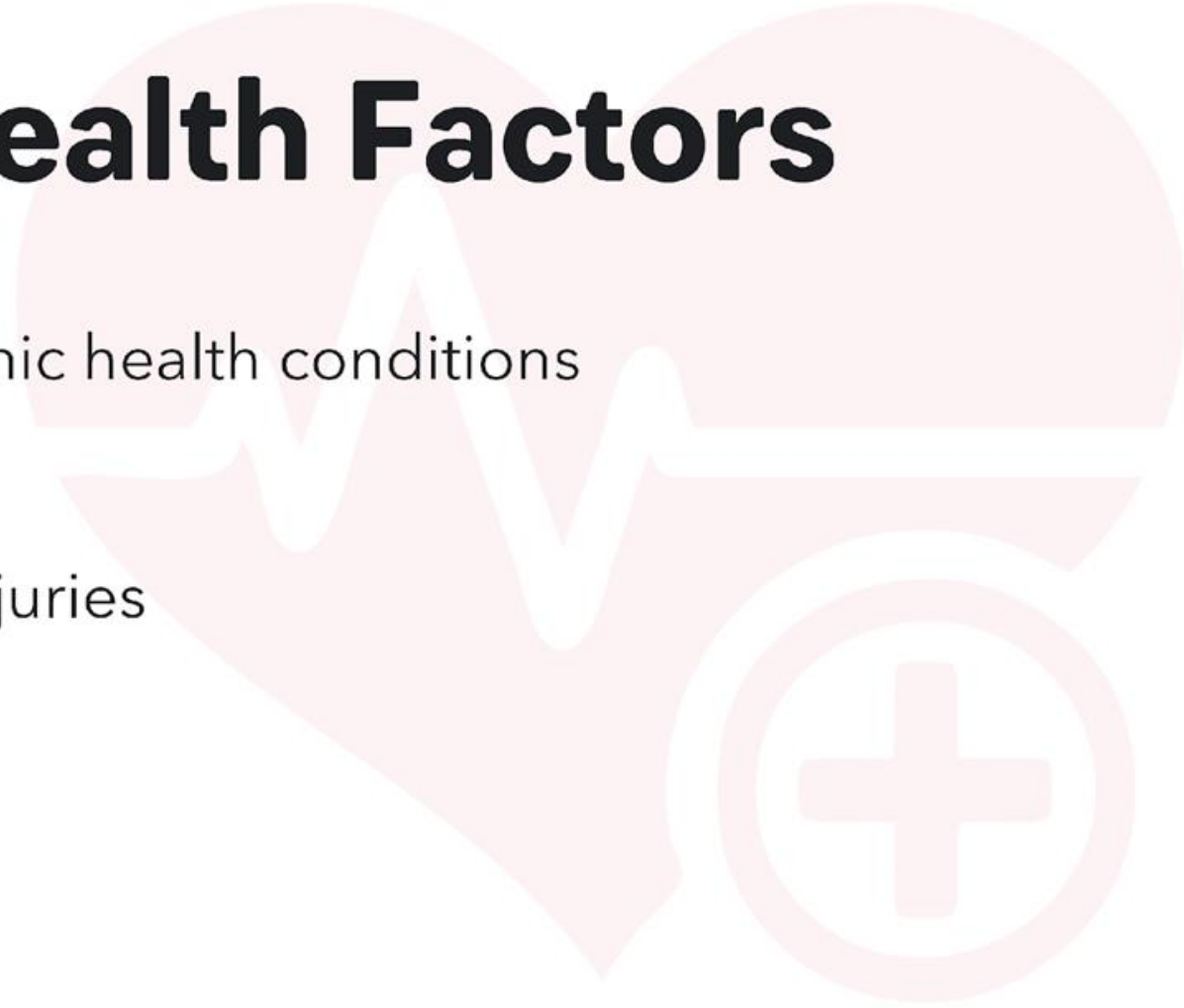
- Depression
- Bipolar disorder
- Anxiety disorders
- Eating disorders
- Personality disorders
- Psychosis
- PTSD
- Substance use disorders



RESEARCH

Other Health Factors

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



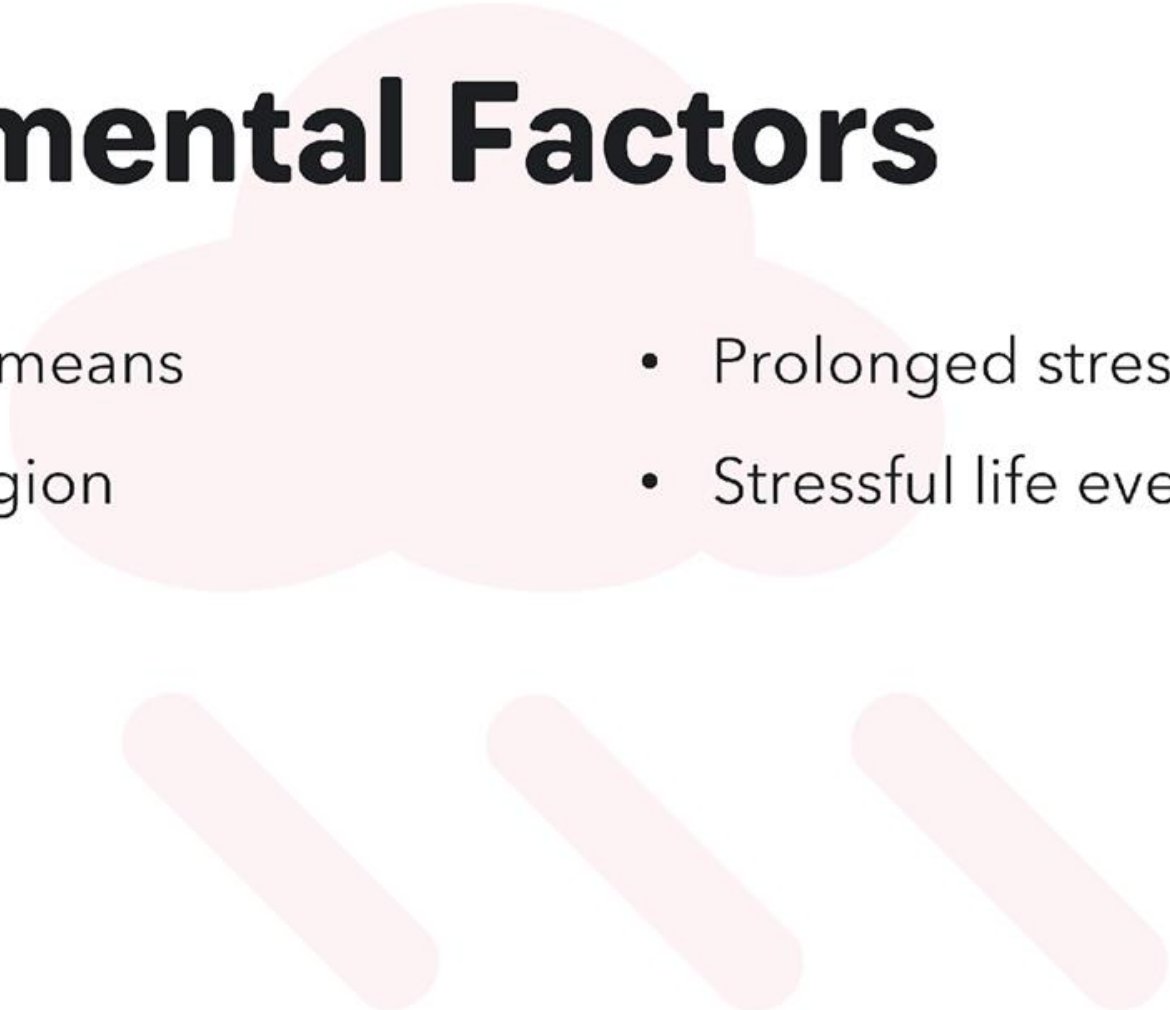
RESEARCH

Historical Factors

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

RESEARCH

Environmental Factors

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

RESEARCH

What others see:



What they may not know:



Genetic risk



Depression



Prolonged stress at work



Drinking more than usual

RESEARCH

The Importance of Research



Biomarkers



Interventions



Psychotherapies



Medication

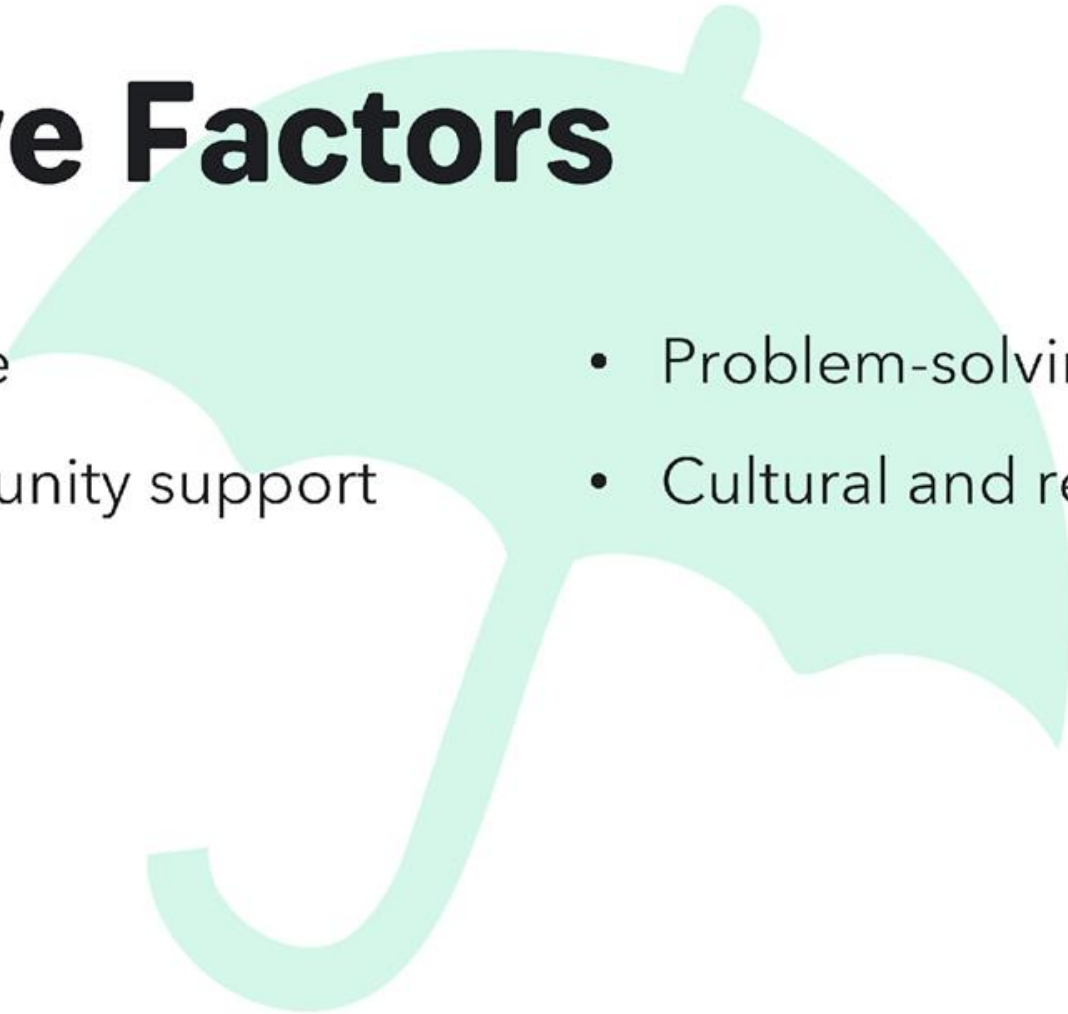


Prevention

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



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

PREVENTION

Being Proactive About Mental Health



Make mental health a priority.

- See a doctor or mental health professional
- Get an evaluation
- Discuss treatment options
- Find what works best for the individual

PREVENTION



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

PREVENTION

Self Care Strengthens Mental Health



Exercise



Sleep



Healthy diet



Stress management

PREVENTION



Support for loss survivors and those with lived experience.

PREVENTION



The most important thing you can put between a suicidal person and their way of ending their life is time.

PREVENTION



**Limiting access
to means
prevents suicide.**

PREVENTION

Limiting Access to Means



CO sensors in cars



**Blister packaging
for medication**



Barriers on bridges



Secure firearms



**What You
Can Do**

SUPPORT



**Have a
Conversation**

SUPPORT



**Watch for the
warning signs**



Reach out



Seek help

SUPPORT

Suicide Warning Signs



Talk



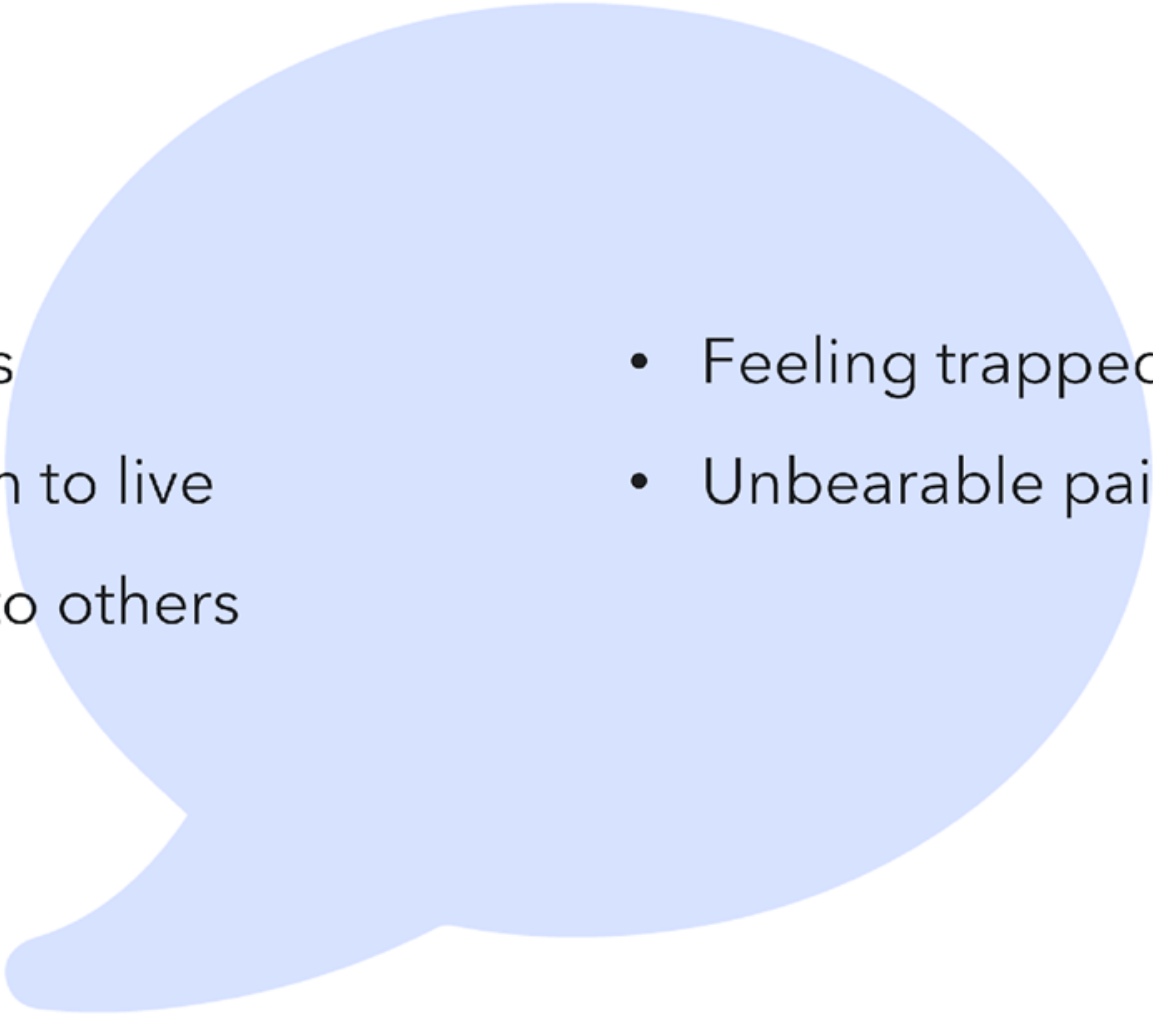
Behavior



Mood

SUPPORT

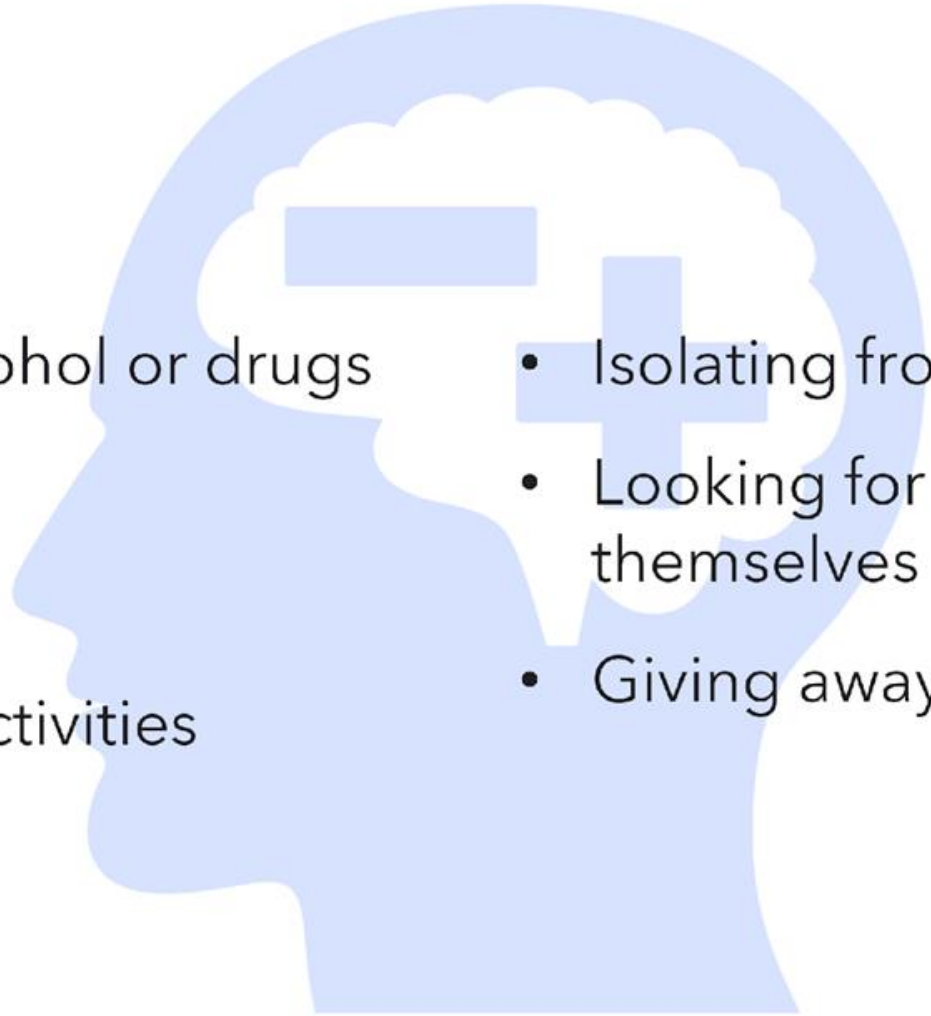
Talk

- 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
- Issues with sleep
- Acting recklessly
- Withdrawing from activities
- Isolating from family and friends
- Looking for a way to kill themselves
- Giving away possessions



SUPPORT

Mood

- Depression
- Apathy
- Rage
- Irritability



- Impulsivity
- Humiliation
- Anxiety

SUPPORT



Trust your gut.

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

How to Reach Out

- Talk to them in private
- Listen to their story
- Express concern and caring
- Ask directly about suicidal thoughts
 - Are you thinking of ending your life?
- 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
secure or
remove lethal
means**



**Escort them to
mental health
services**

SUPPORT



**Suicide Prevention
Lifeline:**

Call 1-800-273-TALK

Crisis Text Line:

Text TALK to 741741

SUPPORT



**For Emergencies
Call 911**

SUPPORT



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



**TALK
SAVES
LIVES**

CAMPUS RESOURCES

ISU Counseling and Testing Services

- Free
- Individual counseling
- Group counseling
- Crisis appointments



Address: Gravelly Hall
921 S 8th Ave,
Pocatello, ID 83209

Phone: (208) 282-2130



ISU Student Health Center

- Free office visits for students
- Sometimes more approachable than behavioral health

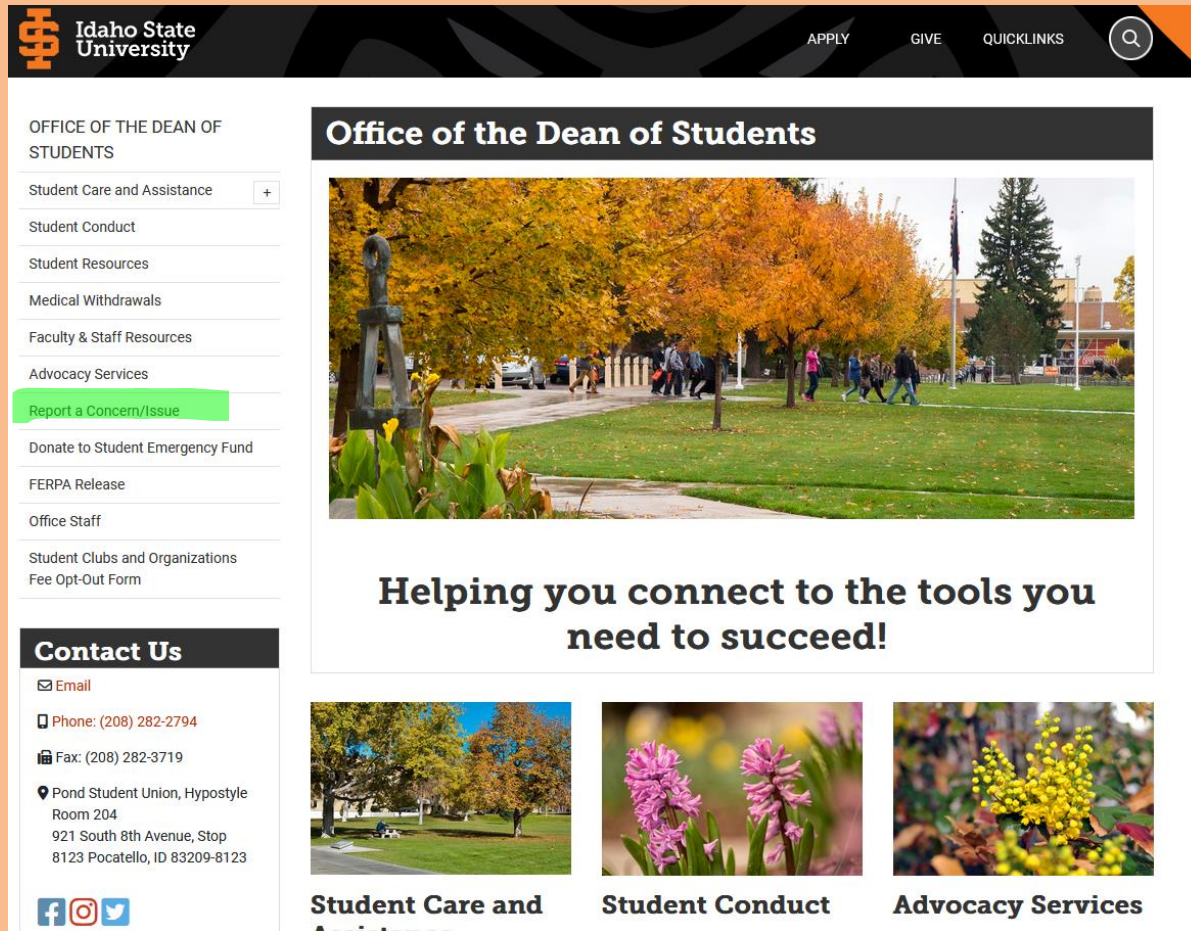


Address: 990 Cesar
Chavez Avenue (S 8th
Ave) Pocatello, ID 83209

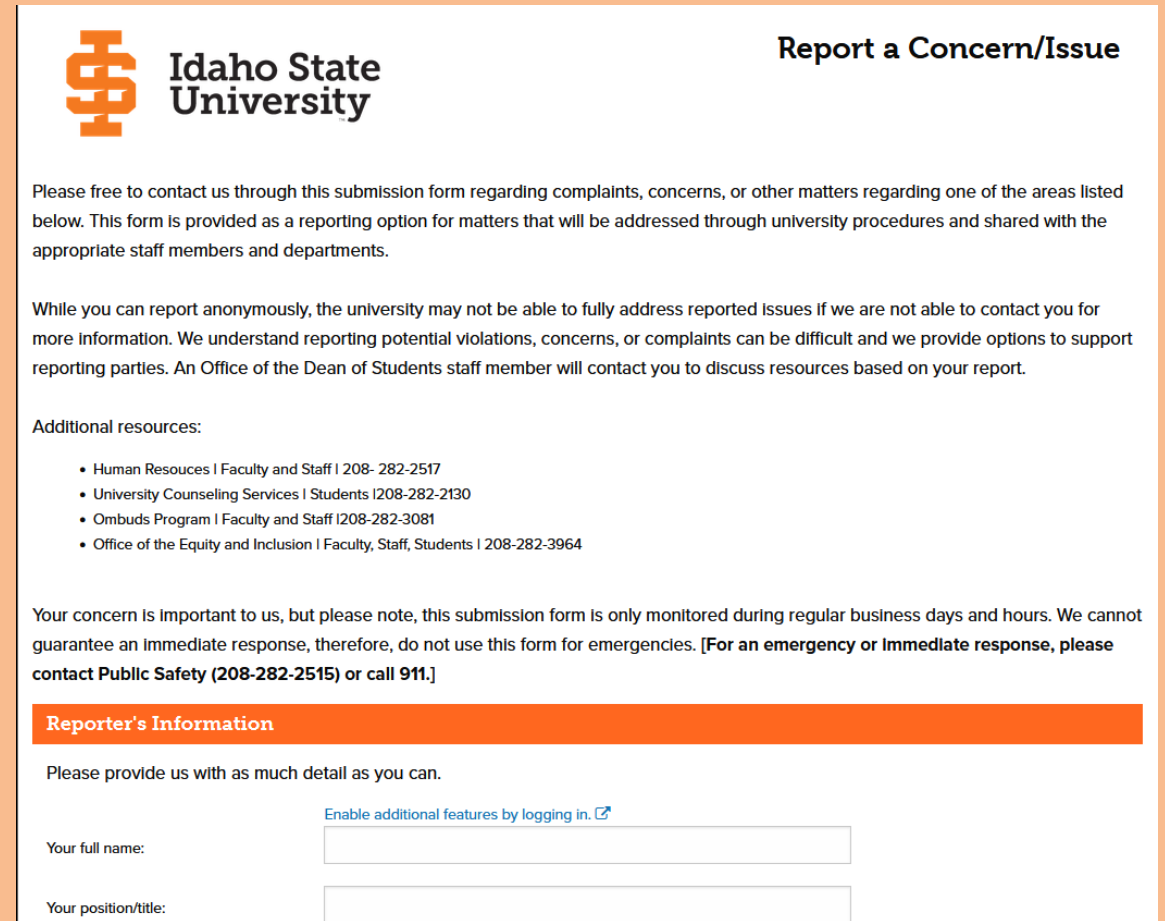
Phone: (208) 282-2330



Dean of Students Office (in the office of The Vice President of Student Affairs)



The screenshot shows the website for the Office of the Dean of Students. At the top, there is a navigation bar with the university logo, 'APPLY', 'GIVE', 'QUICKLINKS', and a search icon. Below this is a sidebar menu with the following items: 'OFFICE OF THE DEAN OF STUDENTS', 'Student Care and Assistance', 'Student Conduct', 'Student Resources', 'Medical Withdrawals', 'Faculty & Staff Resources', 'Advocacy Services' (highlighted in green), 'Donate to Student Emergency Fund', 'FERPA Release', 'Office Staff', 'Student Clubs and Organizations', and 'Fee Opt-Out Form'. Below the sidebar is a 'Contact Us' section with an email icon, phone number (208) 282-2794, fax number (208) 282-3719, and address: Pond Student Union, Hypostyle Room 204, 921 South 8th Avenue, Stop 8123 Pocatello, ID 83209-8123. Social media icons for Facebook, Instagram, and Twitter are also present. The main content area features a large banner image of a campus scene with trees in autumn. Below the banner is the text 'Helping you connect to the tools you need to succeed!'. At the bottom, there are three smaller images with captions: 'Student Care and Assistance' (with a pink flower image), 'Student Conduct' (with a pink flower image), and 'Advocacy Services' (with a yellow flower image).



The screenshot shows the 'Report a Concern/Issue' form. At the top left is the Idaho State University logo. At the top right is the title 'Report a Concern/Issue'. The main text reads: 'Please free to contact us through this submission form regarding complaints, concerns, or other matters regarding one of the areas listed below. This form is provided as a reporting option for matters that will be addressed through university procedures and shared with the appropriate staff members and departments.' Below this is a paragraph: 'While you can report anonymously, the university may not be able to fully address reported issues if we are not able to contact you for more information. We understand reporting potential violations, concerns, or complaints can be difficult and we provide options to support reporting parties. An Office of the Dean of Students staff member will contact you to discuss resources based on your report.' Under the heading 'Additional resources:', there is a bulleted list:

- Human Resources | Faculty and Staff | 208- 282-2517
- University Counseling Services | Students | 208-282-2130
- Ombuds Program | Faculty and Staff | 208-282-3081
- Office of the Equity and Inclusion | Faculty, Staff, Students | 208-282-3964

Below the list is a paragraph: 'Your concern is important to us, but please note, this submission form is only monitored during regular business days and hours. We cannot guarantee an immediate response, therefore, do not use this form for emergencies. [For an emergency or immediate response, please contact Public Safety (208-282-2515) or call 911.]' At the bottom, there is an orange header for 'Reporter's Information'. Below this header, the text says 'Please provide us with as much detail as you can.' There are two input fields: 'Your full name:' and 'Your position/title:'. A link 'Enable additional features by logging in.' is located above the 'Your full name:' field.

COMMUNITY RESOURCES

Portneuf Medical Center

Emergency room:

North Emergency Entrance, 777
Hospital Way, Pocatello, ID 83201

Emergency: (208) 239-1801

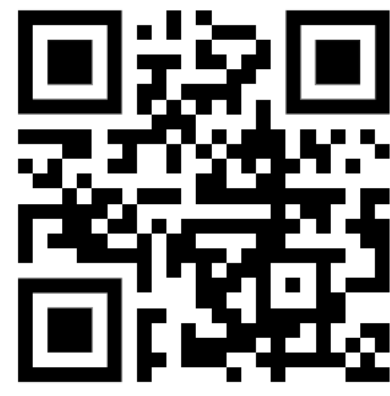
Behavioral Health: (208) 239-2571



Southeast Idaho Behavioral Crisis Center:

Address: 1001 N. 7th Ave, Suite 160,
Pocatello, ID 83201

Phone: 208-909-5177



Behavioral Health Crisis Center of East Idaho:

Address: 1650 N. Holmes, Idaho Falls,
ID 83402

Phone: (208) 522-0727





Phone Resources

National Suicide Hotline
Call 988 or chat online



Idaho Suicide Prevention
Hotline
text or call 1-208-398-4357



Human Development
Center (in town) 208-
234-7900

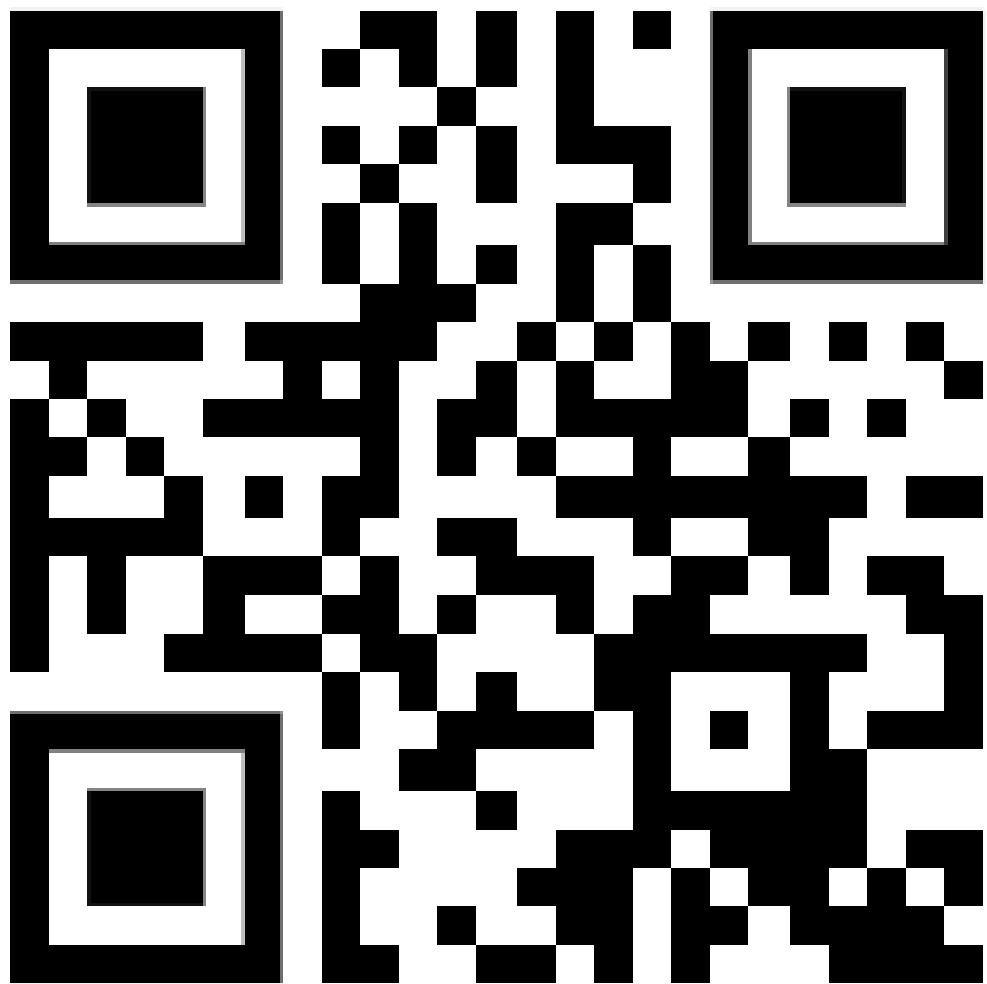


Crisis Textline
Text HOME to 741741



The Trevor Project (LGBTQ)
Call 1-866-488-7386
or Text START to 678678





**Help us improve our program by
completing the feedback form.**

Visit afsp.org/TSLparticipant



@afspnational

afsp.org/TalkSavesLives



American
Foundation
for Suicide
Prevention