

Suicide Prevention 101



Oakland Community
Health Network

Developmental Disabilities • Mental Health • Substance Recovery

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Introduction



- Laurin Jozlin
- Social Worker
- Suicide Prevention Grant
- Community Mental Health System

Facts about Suicide

- Suicide is the **10th** leading cause of death and **2nd** leading cause for those ages 10-34 in the U.S.
- Men are **3.5x** more likely to die by suicide
- For each suicide death, family and close friends are at a higher risk for suicide themselves



MENTAL
HEALTH
WEEK

**WHAT COMES TO
MIND WHEN YOU
THINK ABOUT
SUICIDE?**



SAY THIS...

INSTEAD OF THIS...

Person with a mental health condition

Mentally ill, Psycho, Crazy,
Lunatic, Suffers from mental illness

Person living with schizophrenia,
autism, spectrum disorder, etc.

Schizophrenic, Autistic, etc.

Person with a substance use disorder

Addict, Junkie, Druggie

Died by suicide

Committed / Completed suicide

Took their life / Killed themselves

Successful suicide

Survived a suicide attempt

Failed suicide attempt

MYTH

FACT

People who talk about suicide are just trying to get attention.

Talking about suicide is a warning sign. Take all threats of suicide seriously.

Suicide often happens without warning.

Almost everyone who dies by suicide displays some sort of warning sign.

Only white males die by suicide.

Suicide does not discriminate.

Suicidal teens are just overreacting to life events.

Problems can cause different amounts of distress to different people.

Talking to someone about suicide will put the idea in their heads.

Speaking openly about suicide lets people know you are comfortable talking about it.



← **PREVIOUS**
suicide
ATTEMPTS

History of
SUBSTANCE
ABUSE

Physical
DISABILITY
or
ILLNESS


RELATIONSHIP
PROBLEMS

Some
Important


RISK
FACTORS
for suicide

Losing a
FRIEND or
FAMILY MEMBER
to **SUICIDE**

ACCESS to
HARMFUL
MEANS

Ongoing
EXPOSURE to
BULLYING
behavior

Recent
DEATH of a
FAMILY
MEMBER
or a
CLOSE
FRIEND


History
of a
MENTAL
HEALTH
CONDITION


PARENT
connectedness

CONNECTIONS
to other
NON-PARENTAL
ADULTS


academic
ACHIEVEMENT


SCHOOL
SAFETY



awareness
of and
ACCESS
to local
HEALTH
SERVICES

CLOSENESS
to **CARING**
FRIENDS




NEIGHBOURHOOD
SAFETY


overall
resilience



Group Brainstorm

**What are the
signs of suicide?**

Signs of Suicide - TALK

If a person talks about:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

Signs of Suicide - BEHAVIOR

- Increased use of alcohol and/or drugs
- Looking for a ways to end their lives (*searching methods online*)
- Withdrawing form activities
- Isolating from family / friends
- Sleeping too little or too much
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue

Signs of Suicide - MOOD

People who are considering suicide often display one or more of the following moods:

Depression – Anxiety – Loss of interest
Irritability – Humiliation/Shame – Agitation
Anger – Relief /Sudden Improvement

Asking Someone

How can you ask someone if they are having thoughts of suicide or thinking of killing themselves?



Asking Someone

- “You don’t seem like yourself lately. What’s going on?”
- I know you’ve been going through a lot lately. Do you want to talk about it?
- “You’ve seemed really (down/sad/angry/unhappy) lately. I’m worried about you. Can we talk?”



Sometimes when people are **feeling hopeless, missing school, and withdrawing from friends and family**, they are thinking about suicide.

Are you thinking about suicide?

Conversation Dos and Don'ts

- **DO** listen and let them take the lead
- **DON'T** offer advice or try to solve their problems unless asked
- **DO** ask open ended questions



Conversation Dos and Don'ts

- **DON'T** demand answers. Let them open up at their own pace
- **DO** let them know it's okay to feel the way they do



► Medications

Lock and Limit.

3 in 5 teens say prescription drugs are EASY to get from their parents' medicine cabinets.

► Support

Listen and Act

9 out of 100 high school students attempted suicide in the past 12 months.

► Firearms

Remove. Lock.

More than half of all suicide deaths result from a gunshot wound.

► Alcohol

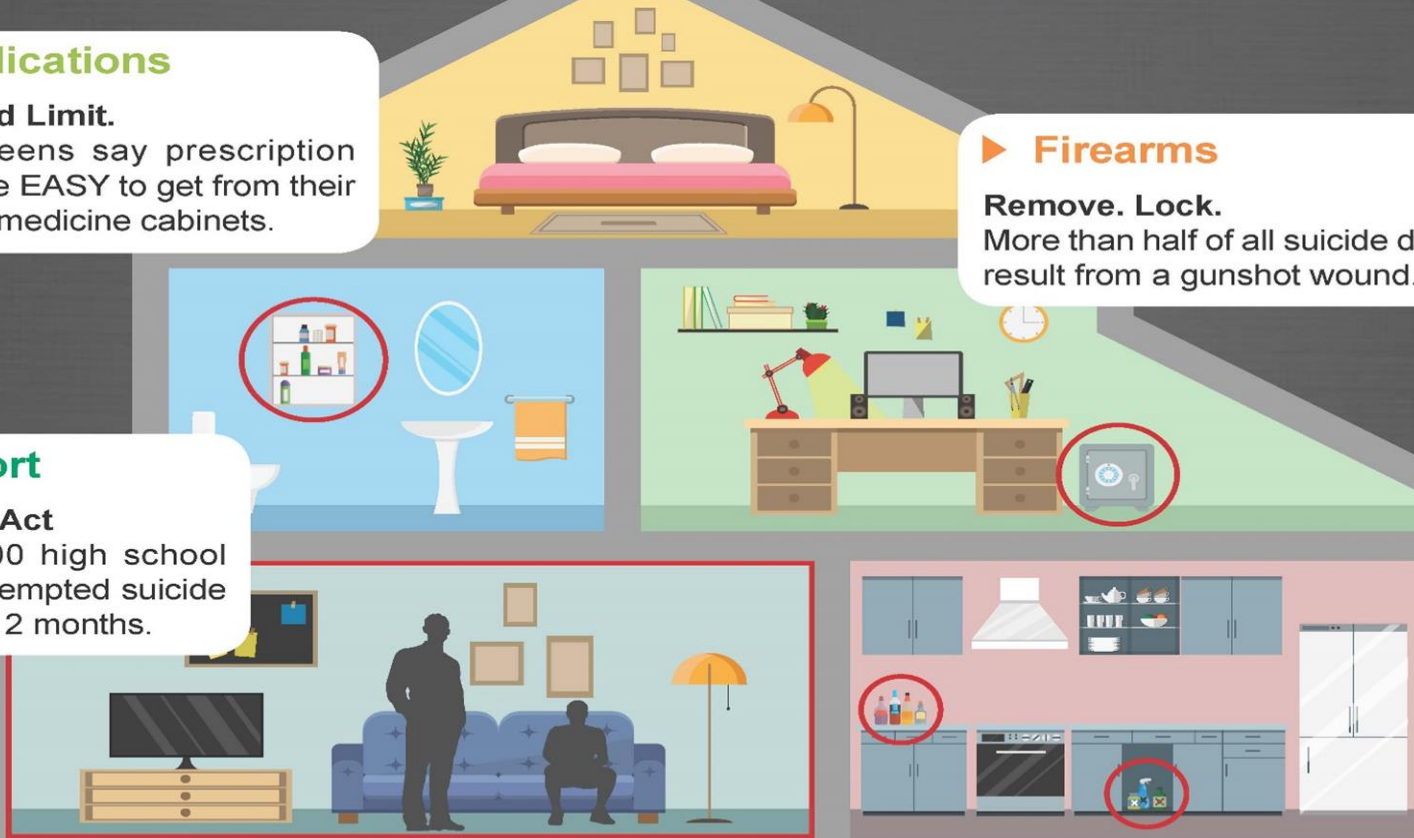
Monitor Closely

Substance use makes youth more likely to choose lethal means, such as guns.

► Poisons

Take Precautions

Intentional exposure to poisons are more likely to result in serious or fatal outcomes.



LOCAL

COMMON GROUND CRISIS & RESOURCE HELPLINE

- **Call/Text:** 1-800-231-1127
- **Online Chat:** CommonGroundHelps.org

OK2SAY: MICHIGAN STUDENT SAFETY TIP LINE

- **Call:** 8-555-OK2SAY (855-565-2729)
- **Text:** 652729 (OK2SAY)
- **Email:** OK2SAY@mi.gov

NATIONAL

NATIONAL SUICIDE PREVENTION LIFELINE

- **Call:** 1-800-273-8255
- **Spanish:** 1-888-628-9454
- **Online Chat:** SuicidePreventionLifeline.org

CRISIS CHAT LINE

- **Text:** "HOME" to 741741

THE TREVOR PROJECT LIFELINE: LGBTQ RESOURCE

- **Call:** 1-866-488-7386
- **Visit:** TheTrevorProject.org

TRANSLIFELINE

- **US:** (877)565-8860
- **Canada:** (877)330-6366
- **Visit:** TransLifeline.org

VETERANS CRISIS LINE

- **Call:** 1-800-273-8255, Press 1
- **Text:** 828255
- **Online Chat:** VeteransCrisisLine.org

SPECIALIZED

IN AN EMERGENCY, CALL 911

Self Care for Helpers

**What can you do for yourself
as a helper of someone who
is having thoughts of suicide?**



SELF CARE

- Follow a healthy lifestyle
- Make wellness a part of every day
- connect with friends & family
- Seek support from a group or mental health professional

TODAY

Schedule
annual
check-up &
health
screenings



Online Resources

| | |
|---|-------------------|
| American Foundation for Suicide Prevention | AFSP.org |
| National Alliance on Mental Illness- Michigan | NamiMI.org |
| Suicide Prevention Resource Center | SPRC.org |



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Suicide Prevention Resources
Oakgov.com/SuicidePrevention