Suicide Prevention 101

Laurin Jozlin, LMSW
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
WHAT COMES TO MIND WHEN YOU THINK ABOUT SUICIDE?

Stigma
<table>
<thead>
<tr>
<th>SAY THIS...</th>
<th>INSTEAD OF THIS...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Person with a mental health condition</td>
<td>Mentally ill, Psycho, Crazy, Lunatic, Suffers from mental illness</td>
</tr>
<tr>
<td>Person living with schizophrenia, autism, spectrum disorder, etc.</td>
<td>Schizophrenic, Autistic, etc.</td>
</tr>
<tr>
<td>Person with a substance use disorder</td>
<td>Addict, Junkie, Druggie</td>
</tr>
<tr>
<td>Died by suicide</td>
<td>Committed / Completed suicide</td>
</tr>
<tr>
<td>Took their life / Killed themselves</td>
<td>Successful suicide</td>
</tr>
<tr>
<td>Survived a suicide attempt</td>
<td>Failed suicide attempt</td>
</tr>
<tr>
<td>MYTH</td>
<td>FACT</td>
</tr>
<tr>
<td>----------------------------------------------------------------------</td>
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<tr>
<td>People who talk about suicide are just trying to get attention.</td>
<td>Talking about suicide is a warning sign. Take all threats of suicide seriously.</td>
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<tr>
<td>Suicide often happens without warning.</td>
<td>Almost everyone who dies by suicide displays some sort of warning sign.</td>
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<tr>
<td>Only white males die by suicide.</td>
<td>Suicide does not discriminate.</td>
</tr>
<tr>
<td>Suicidal teens are just overreacting to life events.</td>
<td>Problems can cause different amounts of distress to different people.</td>
</tr>
<tr>
<td>Talking to someone about suicide will put the idea in their heads.</td>
<td>Speaking openly about suicide lets people know you are comfortable talking about it.</td>
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</table>
Some Important Risk Factors for Suicide:

- Previous suicide attempts
- History of substance abuse
- Physical disability or illness
- Losing a friend or family member to suicide
- Ongoing exposure to bullying behavior
- Recent death of a family member or a close friend
- Access to harmful means
- Relationship problems

Protective Factors:

- Connections to other non-parental adults
- Academic achievement
- Awareness of and access to local health services
- Neighbourhood safety
- Overall resilience
- School safety
- Closeness to caring friends
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 from 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.

**Firearms**

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

**Support**

*Listen and Act*
9 out of 100 high school students attempted suicide in the past 12 months.

**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.
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 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

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

<table>
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<tr>
<th>Organization</th>
<th>Website</th>
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<tr>
<td>American Foundation for Suicide Prevention</td>
<td>AFSP.org</td>
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<tr>
<td>National Alliance on Mental Illness - Michigan</td>
<td>NamiMI.org</td>
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<tr>
<td>Suicide Prevention Resource Center</td>
<td>SPRC.org</td>
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Suicide Prevention Resources
Oakgov.com/SuicidePrevention

Laurin Jozlin, LMSW
JozlinL@OaklandCHN.org