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Suicide Prevention: How to Keep Someone Safe & Alive

January 2017

Goals & Objectives

- Define Mental Illness, Age of Onset
- Discuss Statistics of Suicide, Nonfatal Suicidal Thoughts & Behaviors, Racial & Ethnic Disparities
- Discuss Risk Factors for Suicide
- Identify Warning Signs & Symptoms of Suicide
- Learn How to Talk to a Person Who is Suicidal & Keep Them Safe
- List Important Resources
- Listen to Kevin Hines' Story

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What Is a Mental Illness?

- A **mental illness** or **mental disorder** is a diagnosable illness that:
- Affects a person's thinking, emotional state, & behavior
- Disrupts the person's ability to
  - Work
  - Carry out daily activities
  - Engage in satisfying relationships
- ***Unable to Live, Laugh, Love***

(Mental Health First Aid)

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Mental Illness & Age of Onset

- Mental health problems are common – 1 in 5 individuals every year are diagnosed with a mental illness
- Mental health problems often develop during adolescence
- Youth and young adults may experience mental health problems differently than adults
- Typical adolescent behavior may look like onset of mental illness

(Mental Health First Aid)

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Mental Illness & Age of Onset

- One-half of all lifetime cases of mental illness begin by age 14, three-quarters by age 24
  - Anxiety Disorders – Age 11
  - Eating Disorders – Age 15
  - Substance Use Disorders – Age 20
  - Schizophrenia – Age 23
  - Bipolar – Age 25
  - Depression – Age 32

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Suicide in the U.S. (2013)

- Suicide was the **10th leading cause of death** for all ages
- There were **41,149 suicides in the U.S.** – a rate of **12.6 per 100,000** which is equal to **113 suicides each day** or **one every 13 minutes**
- 33.4% of those who died by suicide tested positive for alcohol, 23.8% for antidepressants, and 20% for opiates, including heroin & prescription pain killers
- Suicide resulted in an estimated **$51 billion dollars lost** in combined medical and work costs

http://www.cdc.gov/ViolencePrevention/suicide/index.html

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Suicidal Thoughts & Behavior – Ages 18 & Older (2013)

- Suicidal Thoughts
  - An estimated **9.3 million** (**3.9% of the adult U.S. pop**) reported having suicidal thoughts in the past year
  - The percentage having serious thoughts of suicide was highest among those ages **18 to 25** (**7.4%**), followed by ages **26 to 49** (**4.4%**), & ages **50 & older** (**2.7%**)
- Suicidal Plans
  - An estimated **2.7 million** (**1.1%**) had made a plan
  - The percentage who made a suicide plan was higher among those ages **18 to 25** (**2.5%**) followed by ages **26 to 49** (**1.35%**) & ages **50 & older** (**0.6%**)
- Suicide Attempts
  - An estimated **1.3 million** attempted suicide

http://www.cdc.gov/ViolencePrevention/suicide/index.html

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Suicidal Thoughts & Behavior – 9th through 12th Graders (2013)

- Suicidal Thoughts
  - **17%** seriously considered attempting suicide in the past year (**22.4% of females** & **11.6% of males**)
- Suicidal Plans
  - **13.6%** made a plan (**16.9% of females** & **10.3% of males**)
- Suicide Attempts
  - **8%** attempted suicide one or more times (**10.6% of females** & **5.4% of males**)
  - **2.7%** made a suicide attempt that resulted in an injury, poisoning or an overdose that **required medical attention** (**3.6% of females** & **1.8% of males**)

http://www.cdc.gov/ViolencePrevention/suicide/index.html

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Racial & Ethnic Disparities for Suicide (2013)

- American Indians/Alaska Natives
  - Suicide was the **8th leading cause** of death **across all ages** & the **2nd leading cause of death for ages 10 to 34**
  - The rate of suicide for **ages 15 to 34** (**19.5 per 100,000**) was **1.5x higher** than the **national average** for that **same age group** (**12.9 per 100,000**)
- Hispanic Americans (9th through 12th grade)
  - The **rate** of having seriously considered attempting suicide (**18.9%**), having made a plan (**15.7%**), having attempted suicide (**11.3%**), & having made an attempt that resulted in an injury, poisoning, or overdose that required medical attention (**4.1%**) was **consistently higher than African American & White students**

http://www.cdc.gov/ViolencePrevention/suicide/index.html

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Gender, Age, & Access to Means Disparities for Suicide (2013)

- **Gender**
  - Males complete suicide at 4x the rate of females & represent 77.9% of all suicides
  - Females are more likely than males to have suicidal thoughts & attempt
  - Suicide is the 7th leading cause of death for males & the 14th leading cause for females
- **Age**
  - In 2013, suicide was the **3rd leading cause of death among ages 10-14**, the **2nd among ages 15-24 & ages 25-34**, the 4th among ages 35-54, the 8th among ages 55-64, & the 17th among ages 65 and older
- **Access to Means**
  - Firearms are the most commonly used method of suicide among males (56.9%)
  - Poisoning is the most common method for females (34.8%)

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Suicide in Texas (2015)

- **3,254 deaths by suicide** in 2015
- On average, **one person died by suicide every 3 hours in the state**
- 12th leading cause of death overall
- **2nd leading cause of death for ages 10-34**, 4th for ages 35-44, 5th for ages 45-54, 10th for ages 55-64, & 16th for ages 65 & older
- More than twice as many people die by suicide annually than by homicide
- In 2010, suicide cost Texas a total of $3,516,245,000 in combined medical & work loss
- **Good News -** Texas ranks 42nd for the number of completed suicides in the U.S.

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Risk Factors for Suicide

- Use of alcohol or other substances
- Chronic physical illness
- History of or current mental illness (not always diagnosed)
- Lack of social support
- Feelings of burdensomeness
- **Previous attempt(s)**
- **Organized plan**

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Risk Factors for Suicide

- Factors that can increase risk for youth:
  - Impulsivity
  - Lack of awareness of risk involved
  - Lack of awareness of time
  - Use of alcohol or other drugs
  - Influence of peer groups

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Warning Signs & Symptoms of Suicide

- Threatening to hurt or kill oneself
- Seeking access to means (pills, weapons, etc)
- Talking or writing about death, dying, or suicide
- Giving away prized or valuable possessions
- Feeling hopeless
- Feeling worthless or a lack of purpose
- Acting recklessly or engaging in risky activities

(Mental Health First Aid)

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Warning Signs & Symptoms of Suicide

- Feeling trapped
- Increasing alcohol or drug use
- Withdrawing from family, friends, or society
- Demonstrating rage & anger or seeking revenge
- Appearing agitated or anxious
- Sleeping all the time or being unable to sleep
- **Having a dramatic change in mood**

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Asking the Question

Ask the person directly whether he or she is suicidal:

- “Are you having thoughts of suicide?”
- “Are you thinking about killing yourself?”

If Yes, ask the person whether he or she has a plan:

- “Have you decided how you are going to kill yourself?”
- “Have you decided when you would do it?”
- “Have you collected the things you need to carry out your plan?”

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Additional Questions

- Has the person been using alcohol or other drugs?
- Has he or she made a suicide attempt in the past?
- Has the young person had family, friends or heroes die by suicide?

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How to Talk with a Person Who Is Suicidal

- Ask the question without dread
- Let the person know you are concerned and are willing to help
- Discuss your observations about person's behaviors with the person
- Do not express a negative judgment

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Keeping the Person Safe

- Provide a safety contact number (National Suicide Prevention Hotline, Mobile Crisis Outreach Team in Travis County)
- Help the person identify past supports
- Involve them in decision making
- Call law enforcement if the person has a weapon or is behaving aggressively – ask for Mental Health/CIT Officer

DO NOT

- Leave an actively suicidal person alone
- Use guilt and threats to try to prevent suicide
  - *You will go to hell*
  - *You will ruin other people's lives if you die by suicide*
- Agree to keep their plan a secret

(Mental Health First Aid)

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Important Phone Numbers

- National Suicide Prevention Hotline: 1-800-273-8255 (TALK)
  - Professional counselor available 24/7/365
  - Spanish Language Line: 1-888-628-9454
  - Hearing Impaired Line: 1-800-799-4889 (4TTY)
  - www.suicidepreventionlifeline.org
- Austin Travis County Integral Care Hotline: 512-472-4357 (HELP)
  - Professional counselor available 24/7/365 (Spanish/English)
  - Toll free: 1-844-398-8252
  - Hearing Impaired Line: 512-703-1395
  - Mobile Crisis Outreach Team (MCOT) available

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Safety Plan App

Safety Plan on the App Store on iTunes - Google Chrome

https://itunes.apple.com/us/app/safety-plan/id695122998?mt=8

View in iTunes

This app is designed for both iPhone and iPad

Free

Category: Medical
Updated: Jan 17, 2014
Version: 1.1
Size: 6.7 MB
Language: English
Seller: Two Penguins Studios LLC
© 2013 Two Penguins Studios LLC
Rated 4+

Compatibility: Requires iOS 7.0 or later. Compatible with iPhone, iPad, and iPod touch. This app is optimized for iPhone 5.

Customer Ratings

We have not received enough ratings to display an average for the current version of this application.

All Versions:
★★★½ 5 Ratings

More by Two Penguins Studios LLC

The Career Tool Belt – Career ...
View In iTunes

Description

WHAT IS A SAFETY PLAN?
A safety plan is a list of coping strategies and social supports that people can use when they are in a suicidal crisis or very distressed. It helps them not act on their suicidal feelings. The plan is brief, is in the individuals' own words,

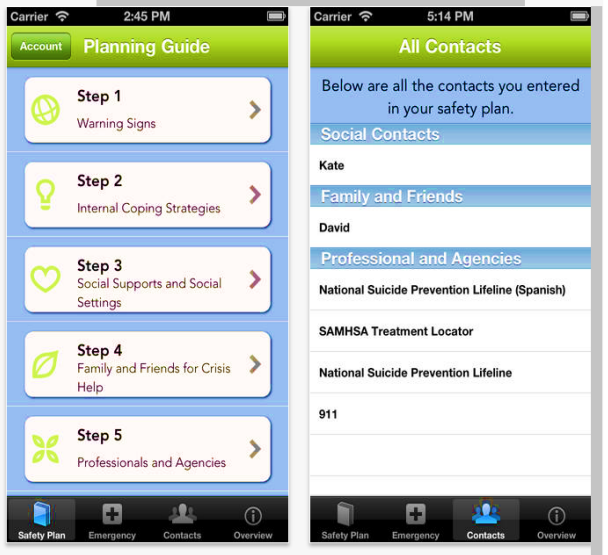
Safety Plan Support ...More

What's New in Version 1.1

Universal version, Facebook login, and UI updates

Screenshots

iPhone | iPad



Customer Reviews

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Suicide Safer Home App

Suicide Safer Home on the App Store on iTunes - Google Chrome

https://itunes.apple.com/us/app/suicide-safer-home/id911530570?mt=8

View in iTunes

Free

Category: Education
Updated: Jun 24, 2015
Version: 1.3
Size: 4.4 MB
Language: English
Seller: Mental Health America of Texas
© 2014 Mental Health America of Texas
Rated 4+

Compatibility: Requires iOS 7.0 or later. Compatible with iPhone, iPad, and iPod touch. This app is optimized for iPhone 5.

Customer Ratings

We have not received enough ratings to display an average for the current version of this application.

More iPhone Apps by Mental Health America of Texas

ASK & Prevent Suicide
View In iTunes

Hope Box
View In iTunes

Description

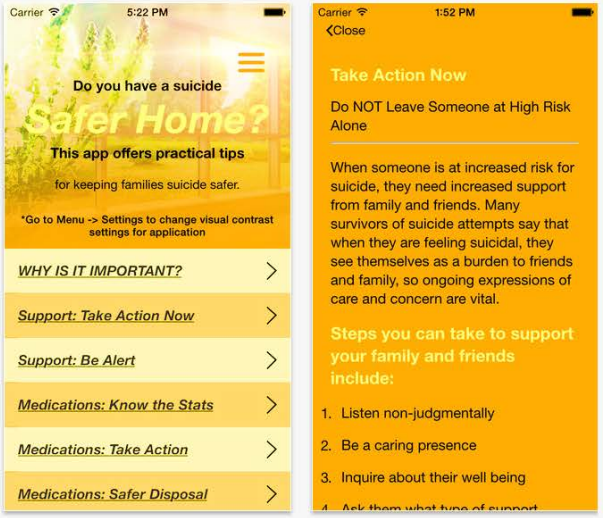
The Suicide Safer Home app offers practical tips for concerned parents and adult family caregivers for keeping families suicide safer.

Suicide Safer Home Support ...More

What's New in Version 1.3

Minor updates

iPhone Screenshot



Customers Also Bought

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ASK About Suicide to Save a Life App

ASK & Prevent Suicide on the App Store on iTunes - Google Chrome

https://itunes.apple.com/us/app/ask-prevent-suicide/id41959571 6?mt=8

View in iTunes

Free

Category: Education
Updated: Nov 26, 2013
Version: 3.0
Size: 13.8 MB
Language: English
Seller: Mental Health America of Texas
© Mental Health America of Texas
Rated 4+

Compatibility: Requires iOS 5.0 or later. Compatible with iPhone, iPad, and iPod touch. This app is optimized for iPhone 5.

Customer Ratings

We have not received enough ratings to display an average for the current version of this application.

All Versions:
★★★★ 19 Ratings

More iPhone Apps by Mental Health America of Texas

Hope Box
View In iTunes

Description

The ASK About Suicide to Save a Life app provides useful information to use as an educational resource as well as a crisis intervention resource for suicide prevention. Used in over 80 countries, this app is based on the best practices ASK suicide prevention training program. This app is based upon the Best Practice designated ASK About Suicide to

Mental Health America of Texas Web Site › ASK & Prevent Suicide Support › ...More

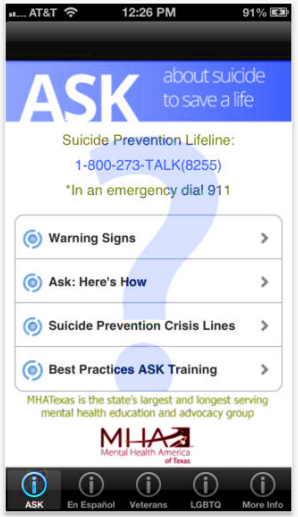
What's New in Version 3.0

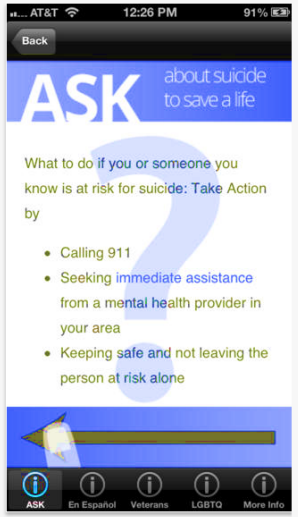
This update includes:

– Warning Signs associated with suicidal behavior

...More

iPhone Screenshot





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Kevin Hines

- An award-winning global speaker, bestselling author (Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt), documentary filmmaker (Suicide: The Ripple Effect), suicide prevention & mental health advocate who reaches audiences with his story of an unlikely survival & his strong will to live; two years after he was diagnosed with Bipolar disorder, he attempted to take his life by jumping from the Golden Gate Bridge – he was 19
- He is one of only thirty-four (less than 1%) to survive the fall & he is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy around the globe
- Kevin believes in the power of the human spirit & in the fact that you can find the ability to live mentally well; his mantra: “Life is a gift, that is why they call it the present. Cherish it always”
- “Crisis: The day of the attempt” (video)

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