



**Welcome! Before we begin,
please take a few minutes to
help us measure our impact
by completing the pre survey.**

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An Introduction to Suicide Prevention

Learning Objectives

Following the presentation, participants will be able to:

1. Describe the scope of the problem of suicide
2. Explain key suicide research findings
3. Describe suicide risk factors and warning signs
4. Demonstrate how to seek and offer support for yourself or others
5. Explain how to access crisis resources and services for yourself or others

The American Foundation for Suicide Prevention's Talk Saves Lives™: An Introduction to Suicide Prevention is an educational presentation and is intended for informational purposes only. This presentation is not a substitute for professional medical advice or services. You should not use the information in this presentation for diagnosing or treating a health condition. You should consult a physician or other health care provider in all matters relating to your health, and particularly for (or with respect to) any symptoms that may require diagnosis or medical attention. Any action on your part in response to the information provided in this presentation is at your discretion. The American Foundation for Suicide Prevention (AFSP) makes no representations or warranties with respect to any information offered or provided regarding treatment, action, or application of medication.

Presentation Overview



Introduction



Scope of the Problem



Research



Prevention



What You Can Do



Introduction

INTRODUCTION



**Suicide is a
health issue.**



**Suicide can
be prevented.**

HOW WE TALK

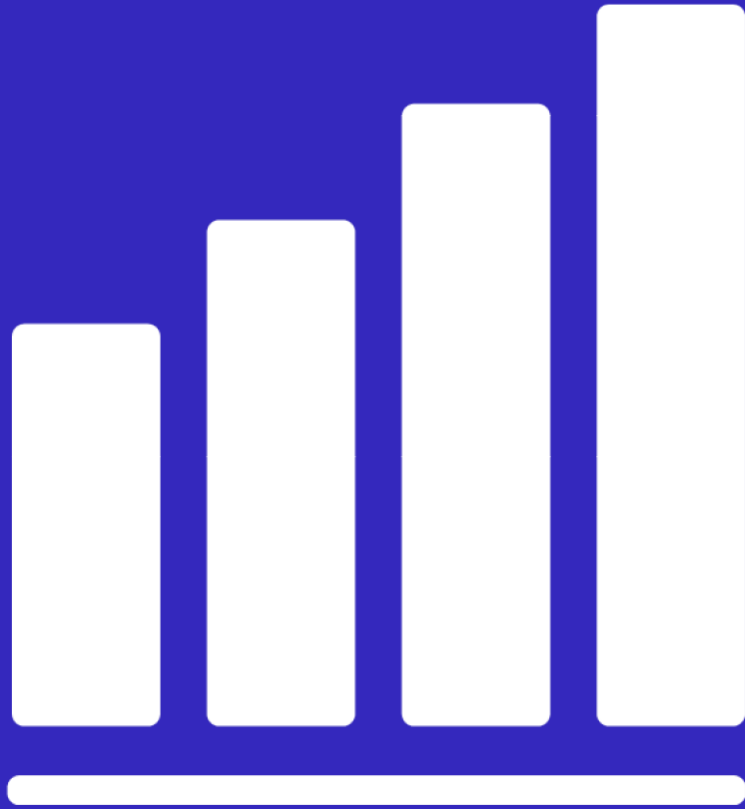
Language Do's and Don'ts

Avoid Saying

- x** "Committed suicide"
- x** "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 700,000
people die
by suicide
each year.**

Someone dies by suicide
every 40 seconds.

SCOPE OF THE PROBLEM



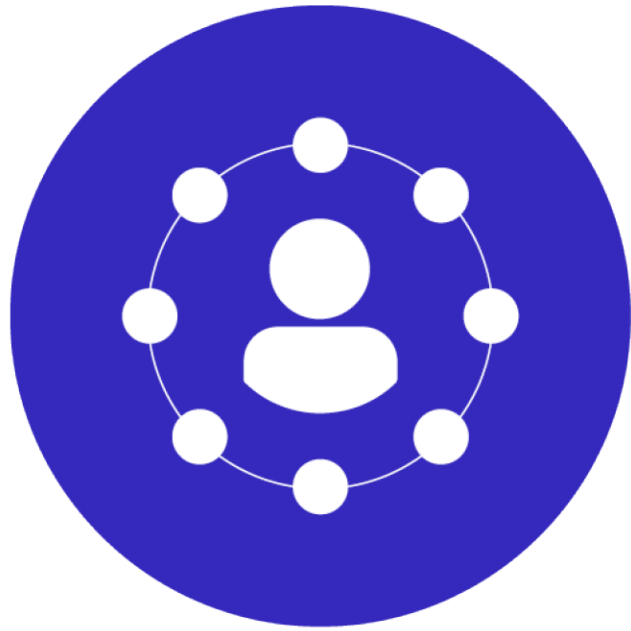
**In the U.S.
suicide is one
of the leading
causes of death.**

SCOPE OF THE PROBLEM

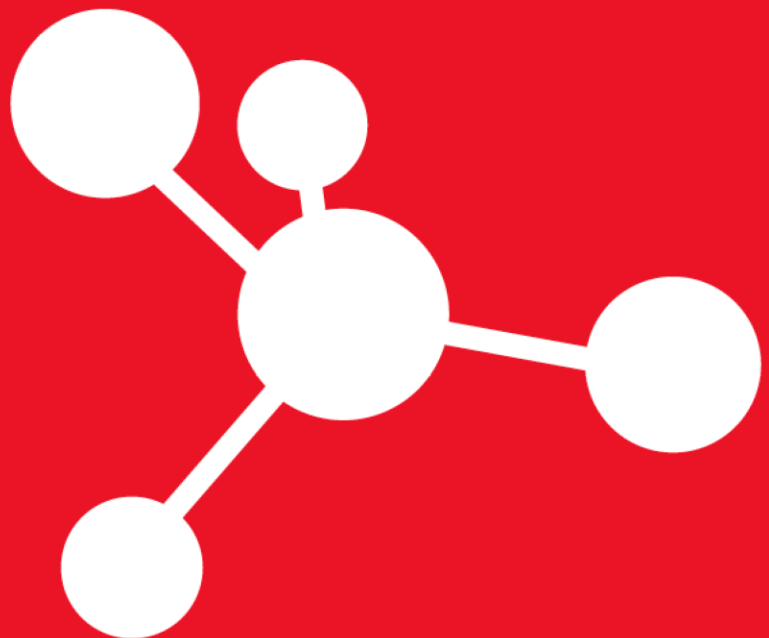


**For every
suicide,
25 others
attempt.**

SCOPE OF THE PROBLEM



**Suicide impacts
individuals and
communities.**



Research

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.**

RESEARCH



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.

RESEARCH



The Perspective of a Suicidal Person

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

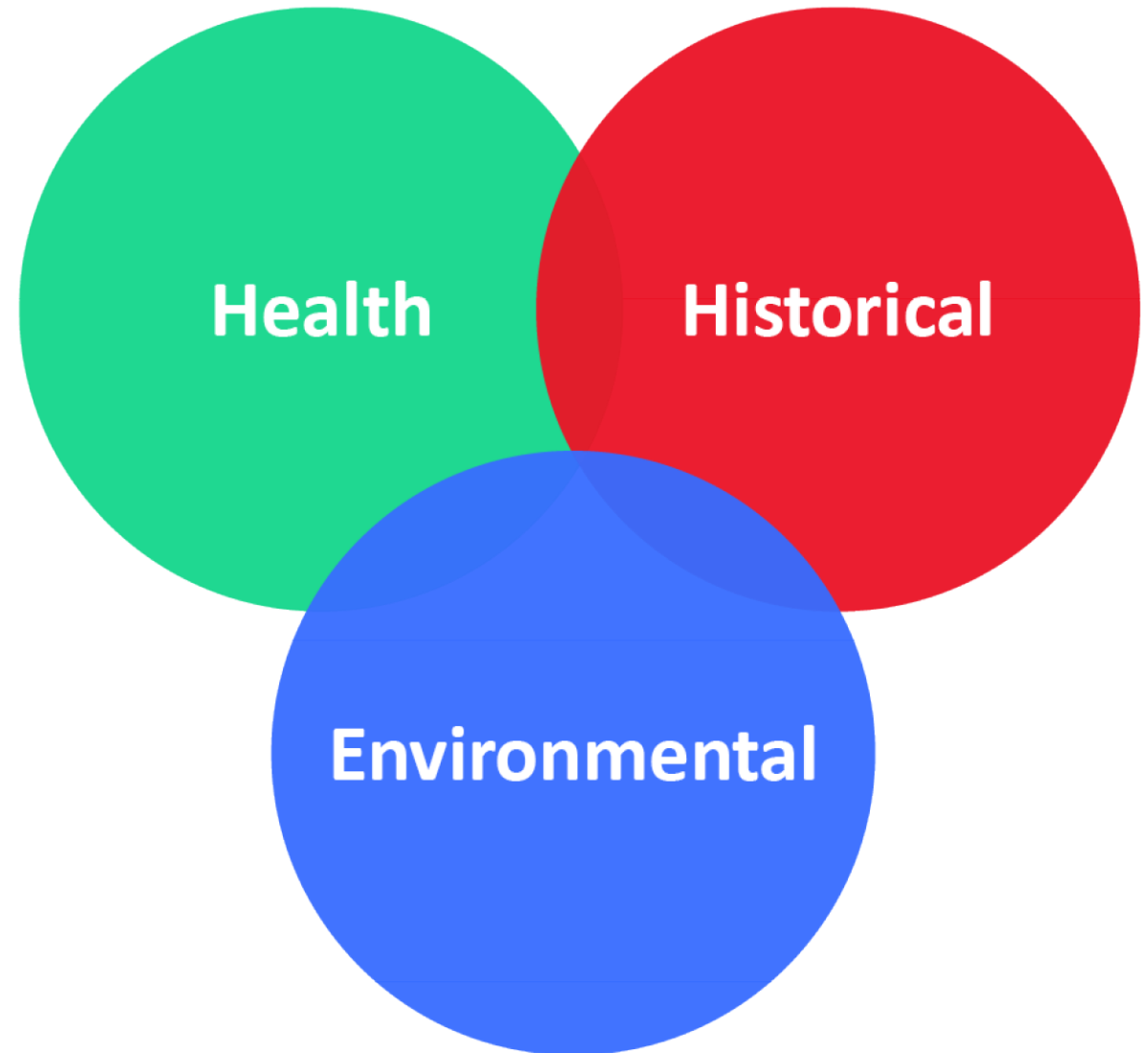
RESEARCH



Who is at risk?

RESEARCH

Risk Factors



RESEARCH

Health Factors



Mental Health Conditions

- Depression
- Anxiety
- Bipolar disorder
- Substance use disorders

Physical Health Factors

- Serious and/or chronic health conditions, including chronic pain or traumatic brain injury

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

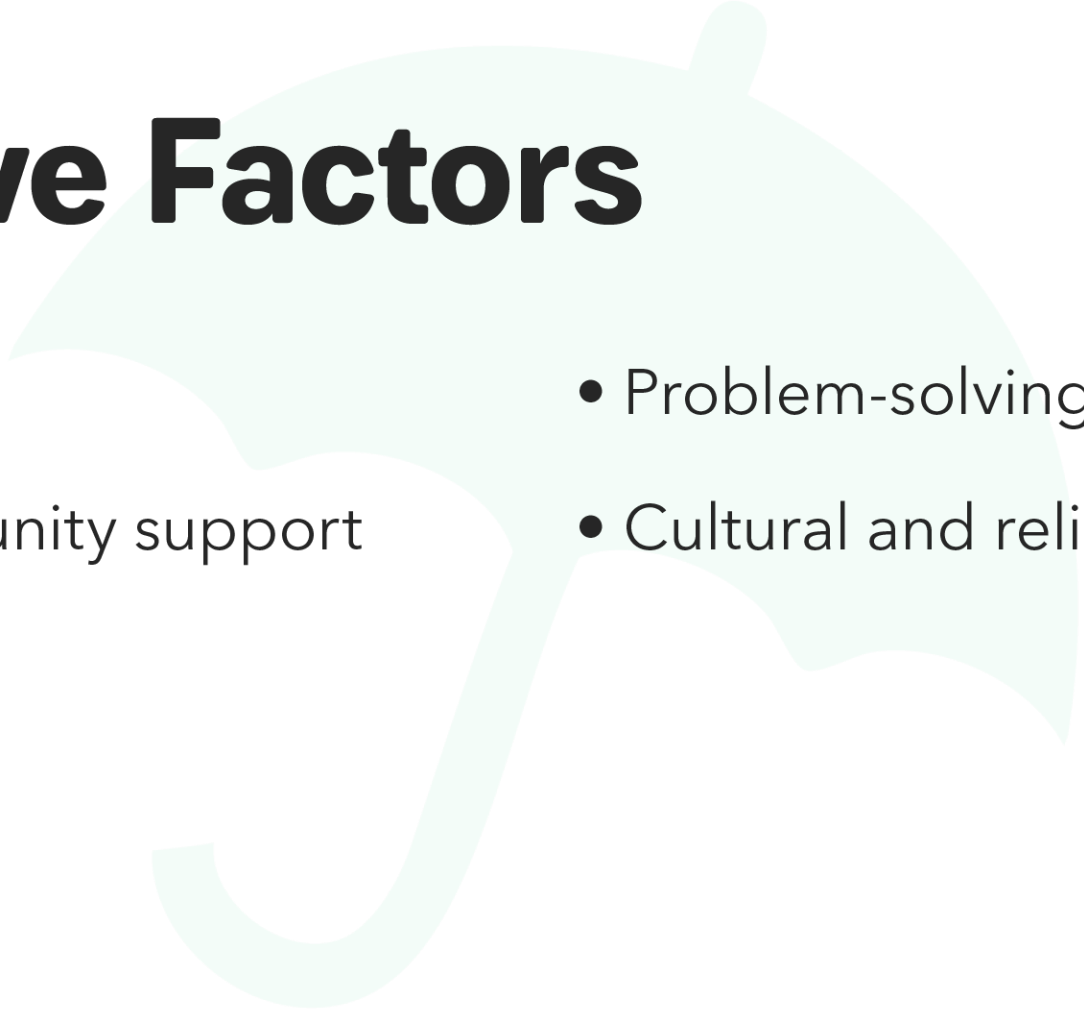


Prevention

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.**

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



Healthy diet



Sleep



Stress management

PREVENTION



Prevention efforts also include 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



**Carbon Monoxide
sensors in cars**



Barriers on bridges



**Blister packaging for
medication**



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

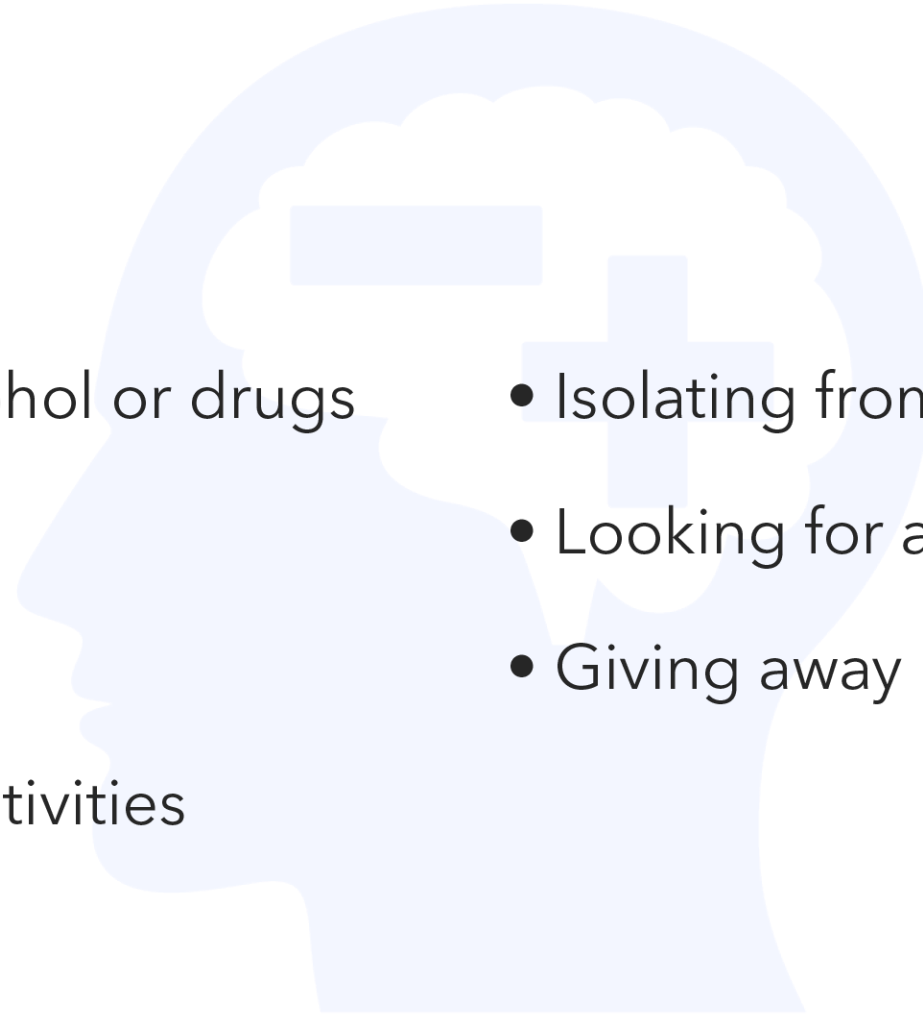
Talk

- 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
- Sudden, unexplained happiness

SUPPORT



Trust your gut.

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

SUPPORT

Reach Out

What to avoid

- ✘ Minimizing their feelings
- ✘ Convincing them that life is worth living
- ✘ Giving them advice on how to “fix” it

What to do

- ✓ Talk to the person in private
- ✓ Listen to their story
- ✓ Express concern and caring
- ✓ Ask directly about suicidal thoughts
- ✓ Encourage them to seek help

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



988 Suicide & Crisis Lifeline:

Dial 988

**(Press 1 for Veterans,
press 2 for Spanish)**

Text 988 (English only)

Crisis Text Line:

Text TALK to 741741 for English

Text AYUDA to 741741 for Spanish

**Text with a trained crisis counselor
from the Crisis Text Line for free, 24/7**

SUPPORT



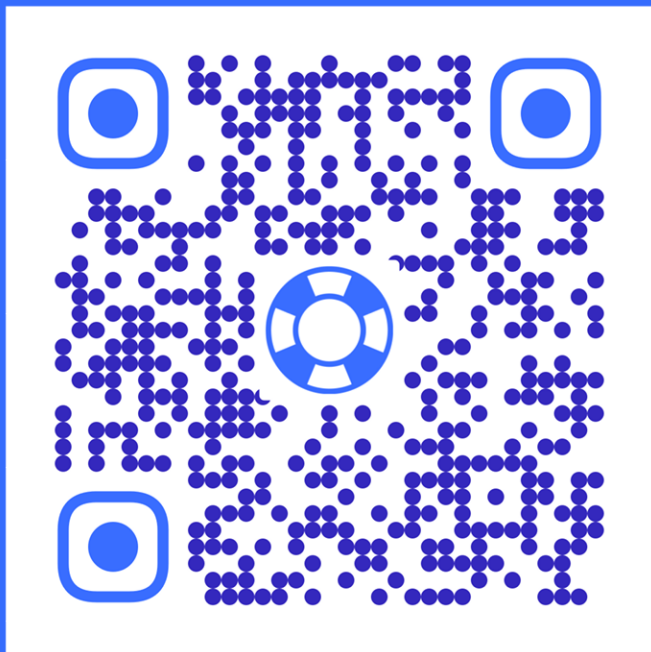
**For Emergencies
Call 911**

SUPPORT



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





**Help us measure
our impact by
completing the
post survey.**

Visit afsp.org/TSLparticipant



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Foundation
for Suicide
Prevention**