

THE WELLNESS WATCH

Coordinated School Health Team

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Suicide Prevention Awareness

What is suicide?

Suicide is the act or an instance of taking one's own life voluntarily and intentionally.

What are the warning signs of suicide?

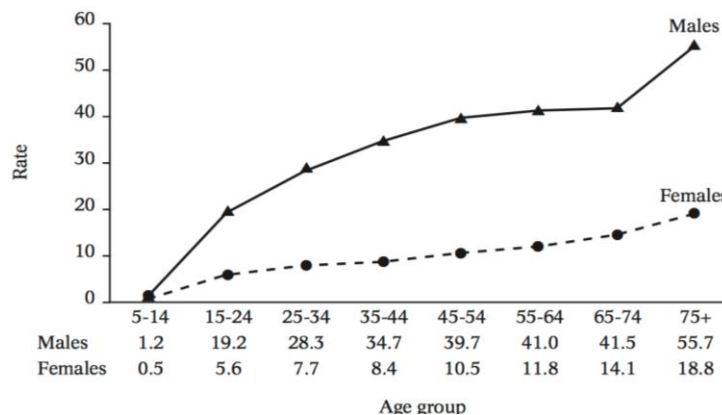
- *Depression
- *Previous suicide attempts
- *Preoccupation with death
- *Statements like, "you would be better off without me," and "I wish I were dead."
- *Making a will or giving away possessions.
- *Switching from being very depressed to happy.
- *Talking openly about wanting to kill oneself.

How many commit suicide or are at risk?

- *13.42 per 100,000 individuals commit suicide.
- *123 people commit suicide every day (in U.S.).

Who is most likely to commit suicide?

- *Men are 3.53 times more likely to commit suicide than women.
- *White males accounted for 7 out of 10 of deaths caused by suicide in 2016.
- *The rate of suicide is highest among middle-aged men.
- *People with trauma, PTSD, sexual abuse, or marital problems.



What to do if someone you know is suicidal?

- *Seek out medical attention via a psychologist or neurologist.
- *If you see someone at risk of harming themselves encourage them to call 1-800-273-8255, the suicide hotline.
- *If you see someone harming themselves call 911.



What are some statistics about suicide?

*Suicide is the 10th leading cause of death in the United States.

*44,965 Americans take their lives every year.

*For every suicide there are 25 attempts.

*Suicide costs the U.S 69 billion dollars every year.

What is the treatment for suicidal thoughts?

*Medication

*Cognitive behavior therapy

*Dialectal behavioral therapy

*Electroconvulsive therapy

*Interventions

*Psychiatric treatment

*Suicide prevention hotline

How can I prevent suicidal thoughts or actions?

*Get rid of all items that can be used to harm yourself like pills, guns, and razors.

*If you notice any warning signs, bring your child to get a psychiatric and mental evaluation.

*Don't discount their feelings and express your love for them.

*Share your feelings with one another.

*Ask them about their suicidal thoughts.

*Encourage them to call the suicide hotline, 1-800-273-8255, the suicide hotline or 2-1-1 for mental health resources.

What are Region 10's resources?

*211 posters are posted around the middle and high schools.

*Psychologists

*Guidance department

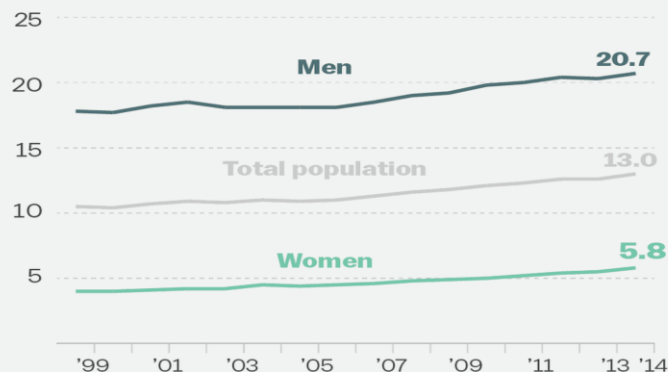
*Social workers

*School nurse



Suicide rates are increasing

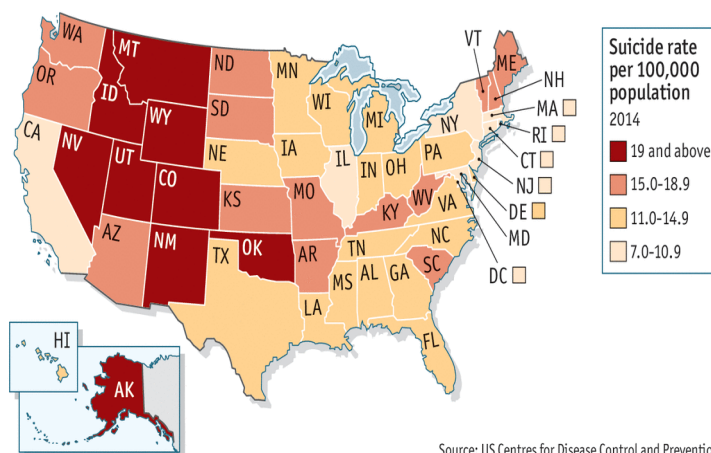
Deaths per 100,000 in specified age group



SOURCE: CDC/NHS, National Vital Statistics System, Mortality

Vox

States of despair



Source: US Centres for Disease Control and Prevention

Economist.com

How to cope and promote resiliency?

*Find something you like doing like exercise or painting and allocate each day to do this activity.

*Connect with others, do not isolate yourself from family and friends. Talk to friends and family about your feelings, don't compartmentalize.

*Create a safety plan consisting of reasons to live, activities to calm or comfort yourself, and a person to contact when you are in need.

*Find your stressors and find a way to limit the amount of stress in your life.

*Join a support group to communicate with others suffering from suicidal thoughts.

*Make a dream/ goal board to give yourself goals and dreams to look forward to each day.