

# Suicide

# Awareness



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# TRUE OR FALSE?

Suicides usually happen without warning.

# TRUE OR FALSE?

Talking about suicide makes people more likely to kill themselves.

# TRUE OR FALSE?

People who attempt suicide are at the lowest risk for re-attempt within the first six months after an attempted suicide.

# TRUE OR FALSE?

Suicide is preventable.



Play Video

# Important Terms

## Suicide

- Death caused by self-directed harmful behavior with the intent to die as a result of the behavior

## Suicide attempt

- A non-fatal, self-directed, potentially harmful behavior with the intent to die as a result of the behavior, but may not result in injury

## Suicidal ideation

- Thinking about, considering, or planning suicide



# 2019 U.S. Suicide Statistics

10th Leading cause of death overall (47,500+ lives)

2nd Leading cause of death of people age 10-34

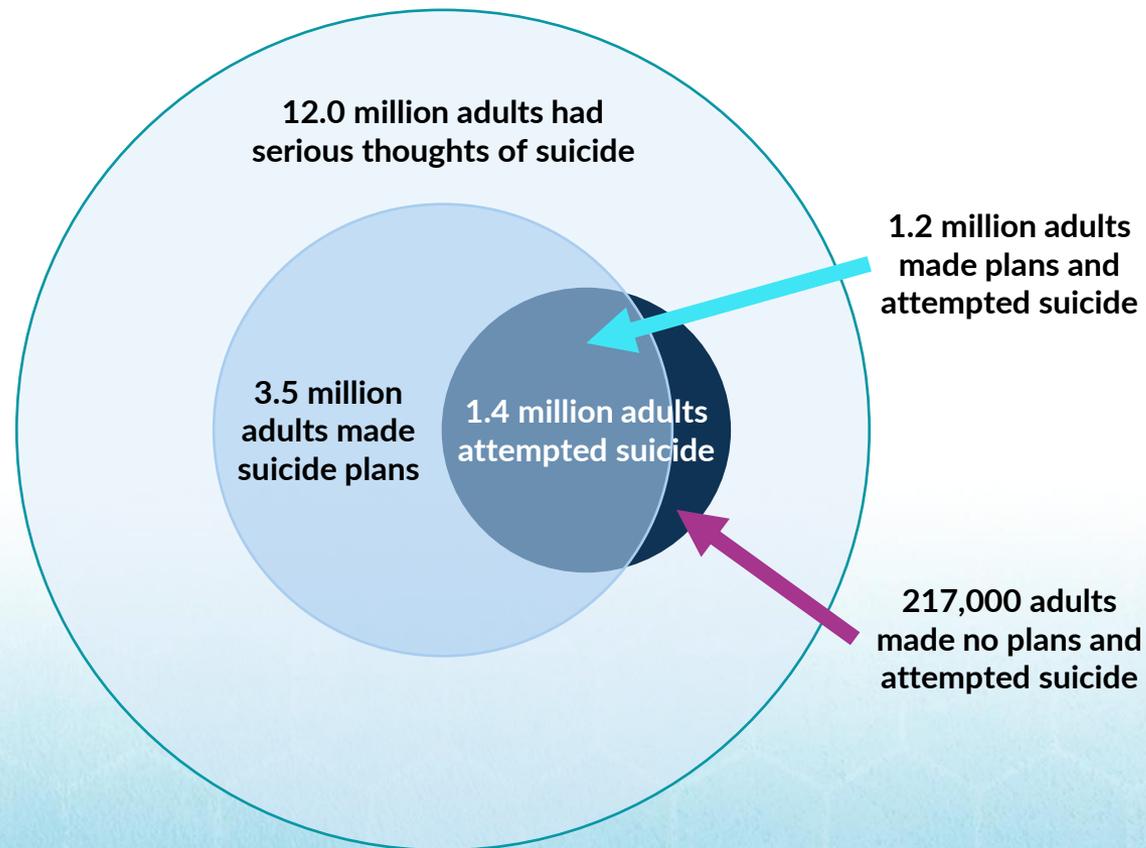
4th Leading cause of death of people age 35-44

2.5x Higher (47,511) than homicides (19,141)

# Suicide by Method (2018)

Suicide by Method (2018) Data Courtesy of CDC	
Suicide Method	Number of Deaths
Firearm	24,432
Suffocation	13,840
Poisoning	6,237
Other	3,835
<b>Total</b>	<b>48,344</b>

# 2019 Suicidal Thoughts and Behaviors Among U.S. Adults



Data Courtesy of SAMHSA

# Recognize the Risk Factors and Early Warning Signs

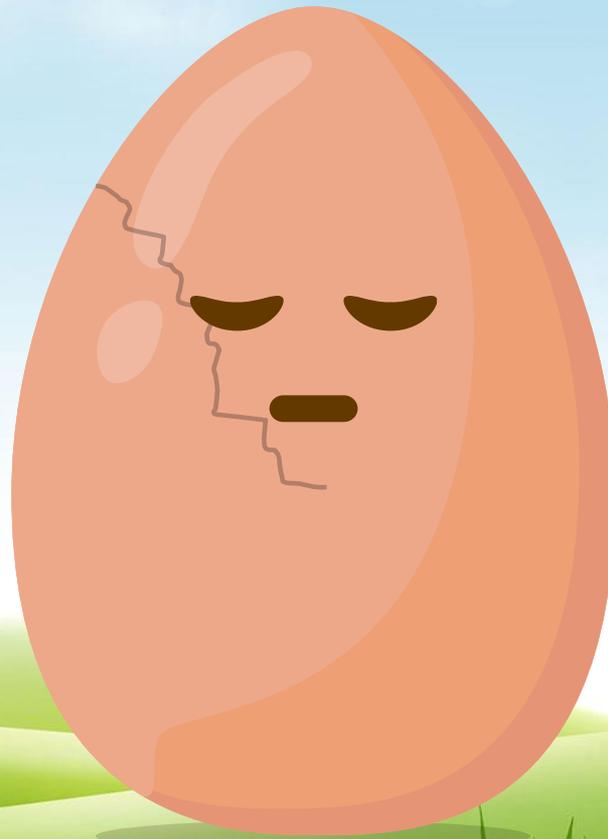


# SUICIDE

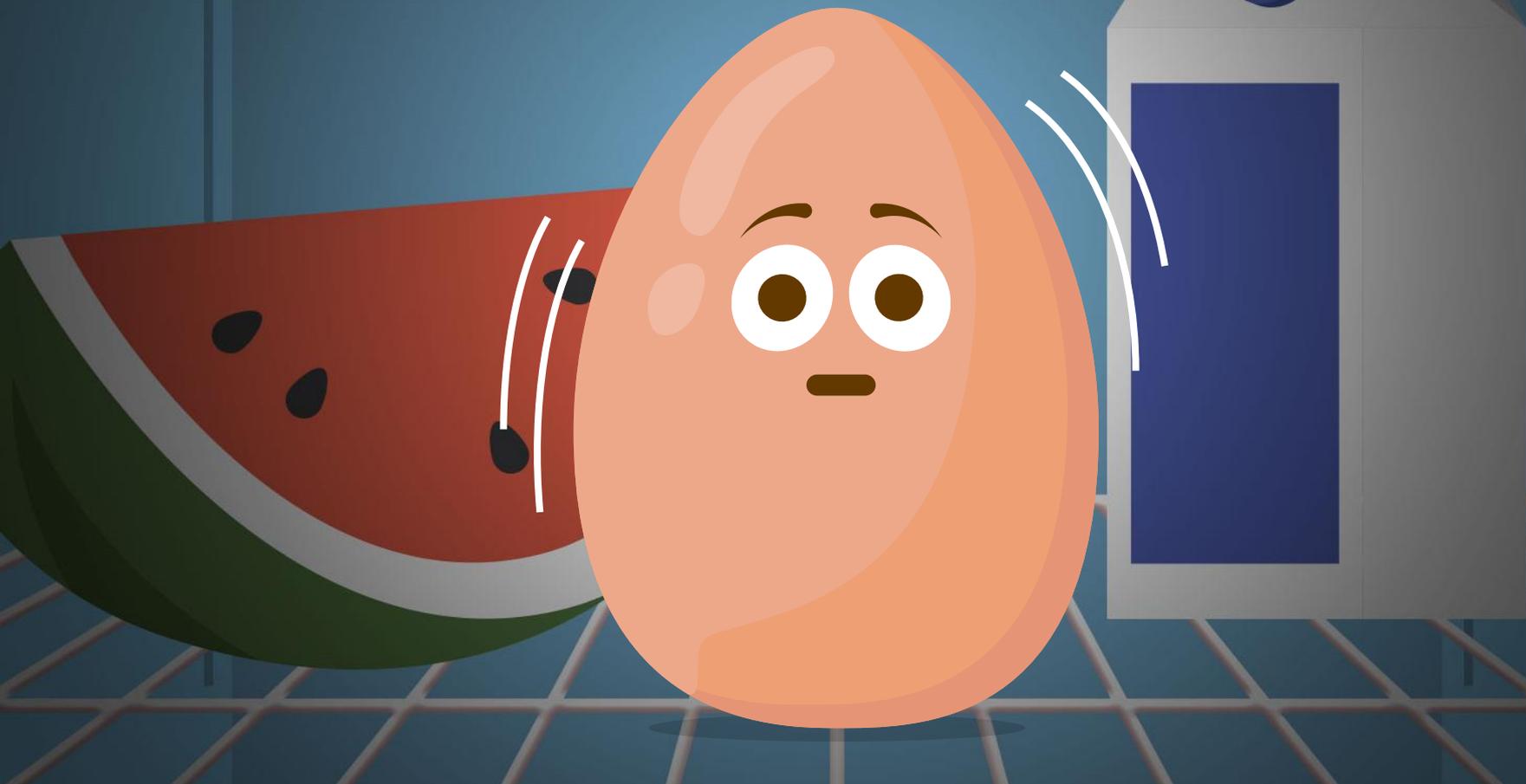
*By the looks of it, you may think I'm fine.  
But, I'm not.*



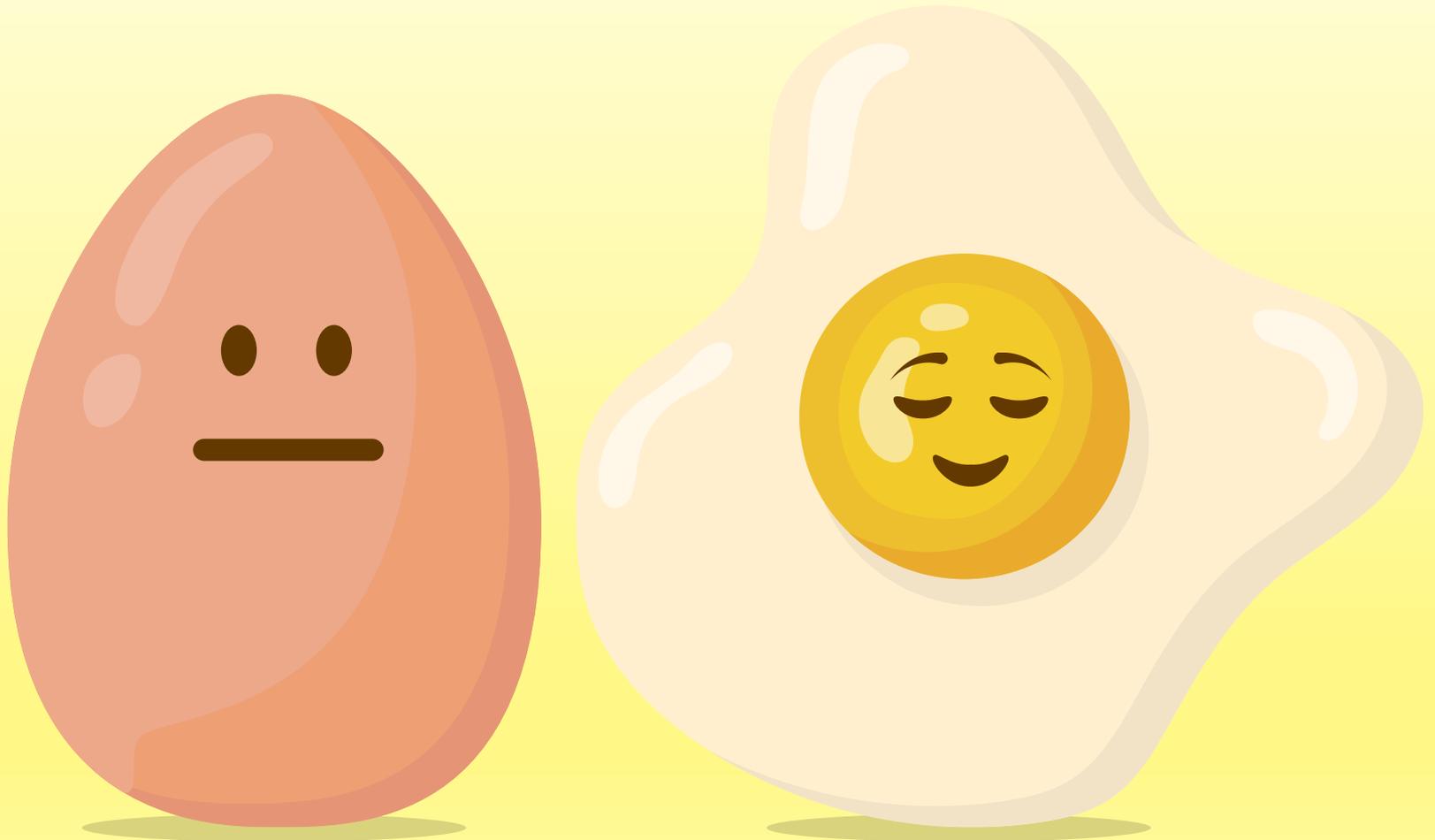
*In fact, I'm barely holding it together.*



*I feel like I'm in the dark all day  
and I'm anxious about everything!*



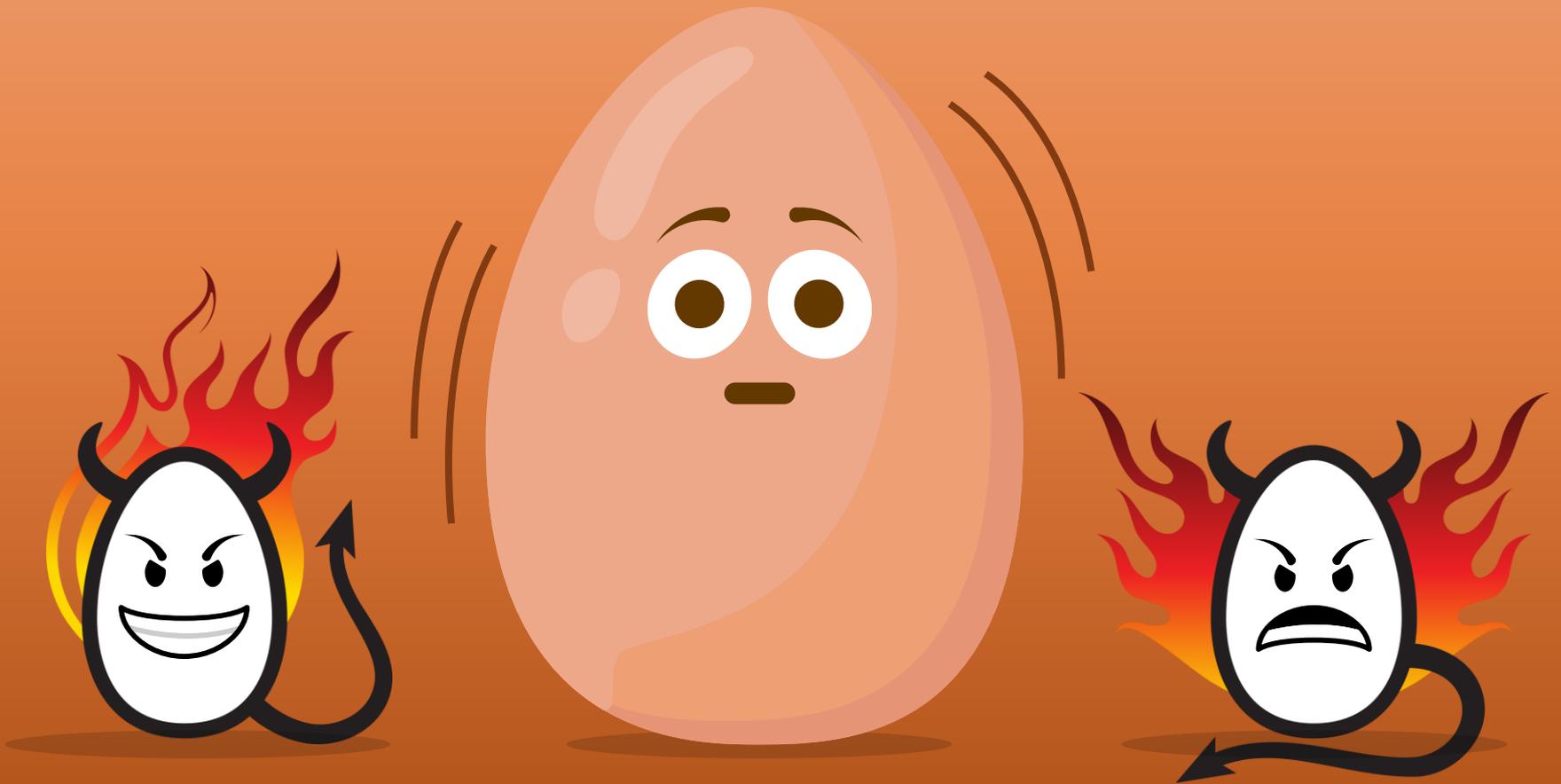
*When I try to talk, no one understands.  
They think I should be all sunny-side up.*



*They just don't understand how scrambled I feel from one day to the next.*



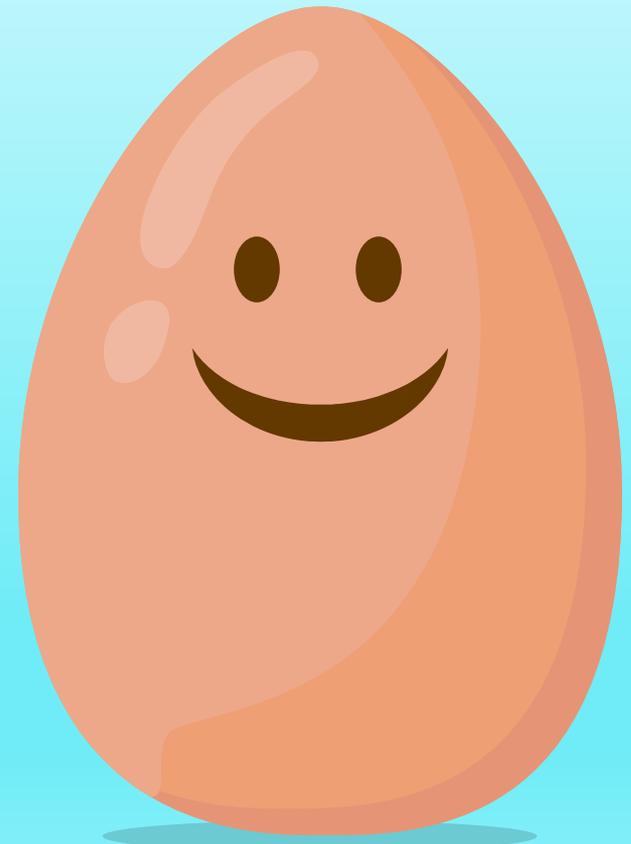
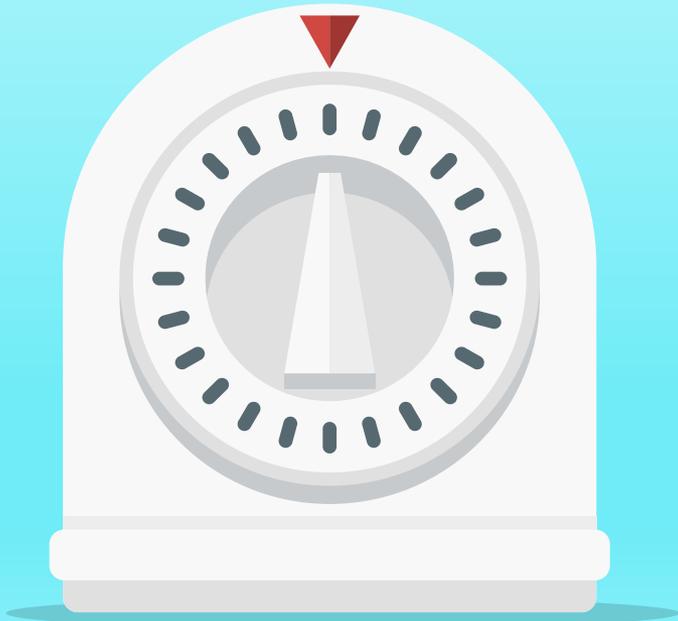
*I have horrible thoughts and feelings.*



*I'm afraid and don't want to go anywhere  
or do anything but chill out.*



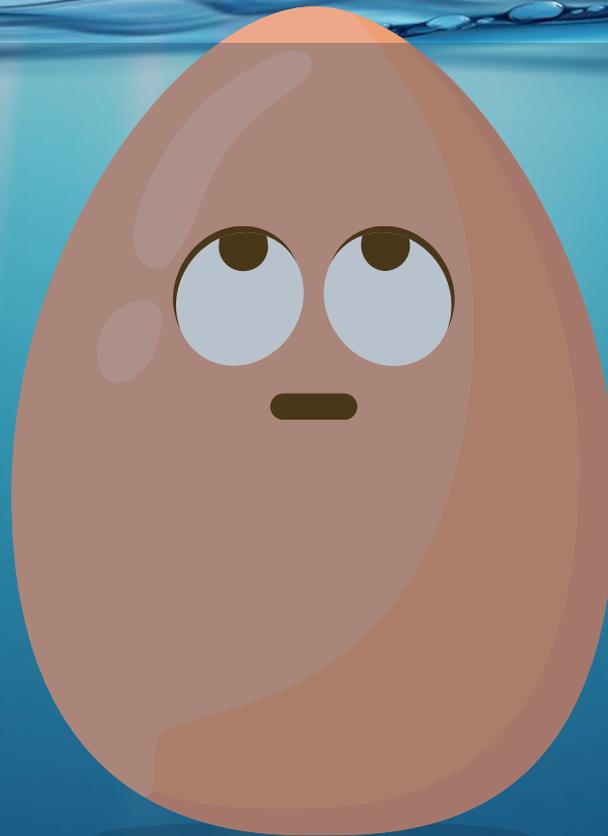
*Sometimes I have a good day, but then it all starts over like I'm on a clock or something.*



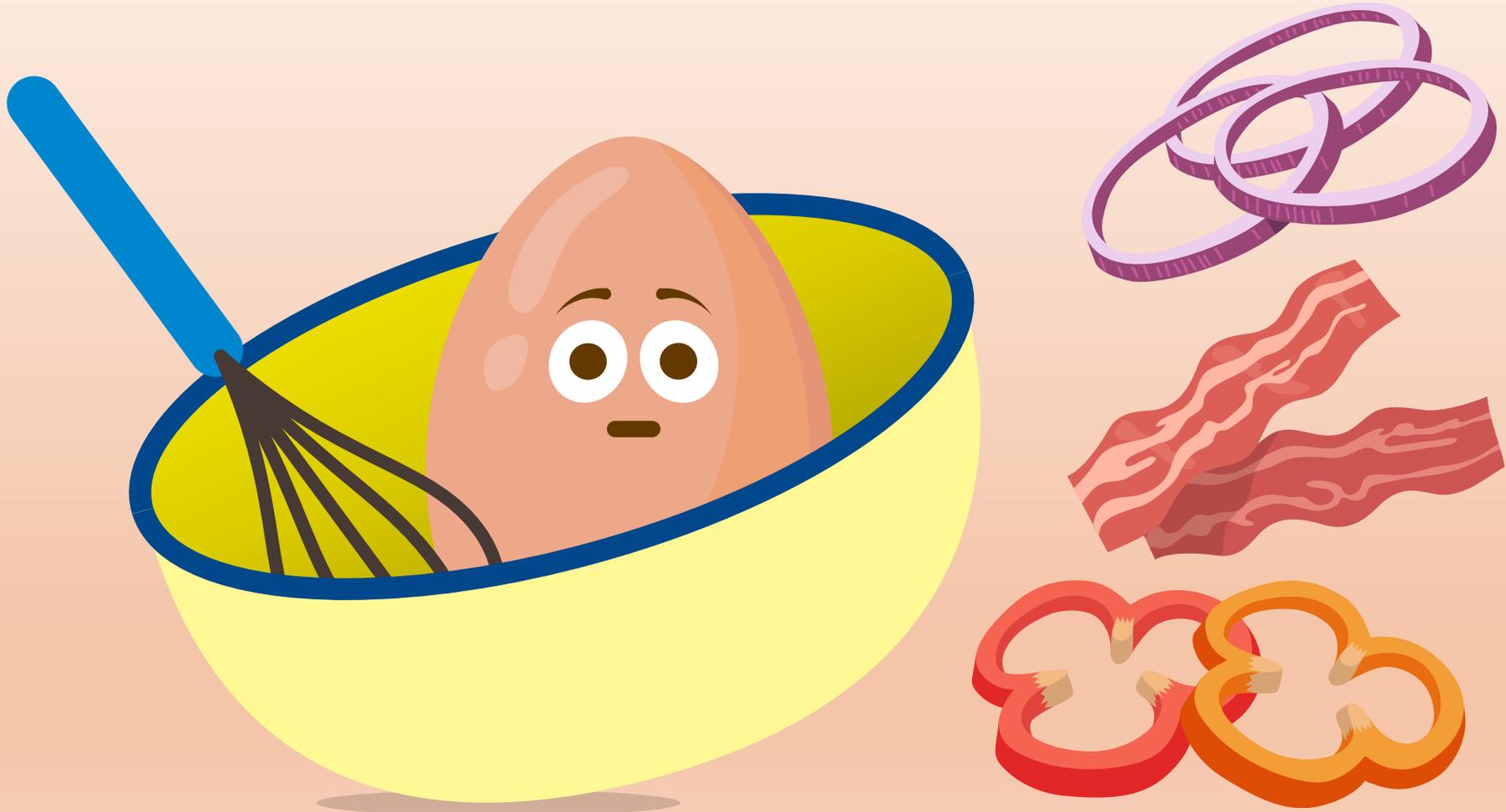
*I'm just so fried with everything. I really am.*



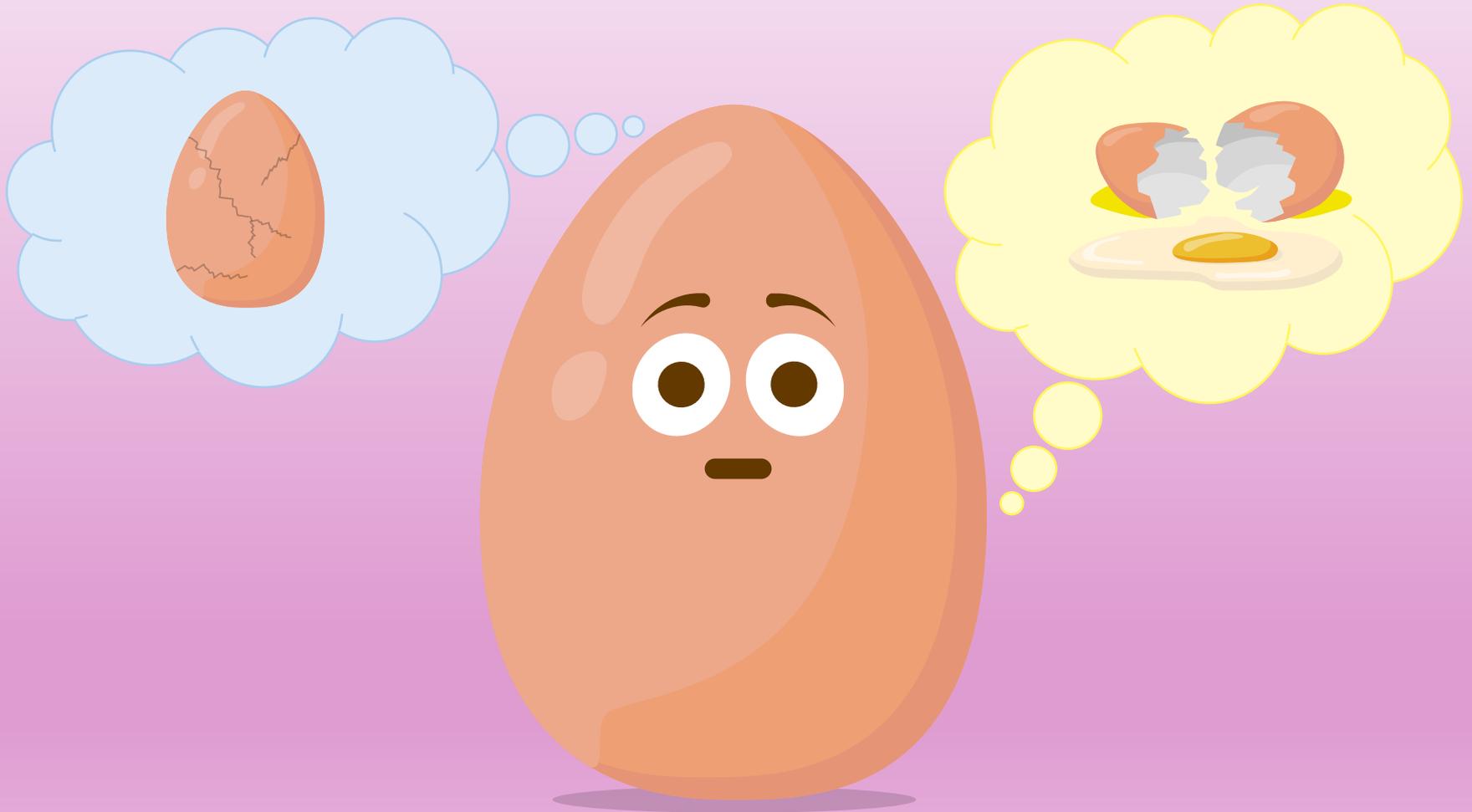
*All these pressures are on me and it's like  
I can't rise above the water on anything.*



*There is always something new  
that gets added and mixes things up.*



*It's all sooooo complicated I feel like giving up.*



# Warning Signs

## Talking

Talking about or making plans for suicide

## Expressing

Expressing hopelessness about the future

## Displaying

Displaying severe or overwhelming emotional pain or distress

## Showing

Showing worrisome behavioral cues or marked changes in behavior, chiefly with other warning signs

# Risk Factors

## DISORDER

psychiatric, including depression

## LOSS

close friend or family loss or conflict

## HISTORY

physical/sexual abuse or violence

## ISSUES

physical/medical (e.g., getting pregnant or sexually transmitted infection)

## UNCERTAINTY

sexual orientation

## EXPOSURE

to suicide of friend or family member

## FAMILY

history of mood disorder or suicidal behavior

## ABUSE

drugs or alcohol

# Emotional Pain: 5 Ways to Help

The following information is from [www.#bethe1to.com](http://www.#bethe1to.com) to help someone in emotional pain:

1 Ask	2 Keep them Safe	3 Be There
"Are you thinking about suicide?"	Reduce access to highly lethal items or places	Listen and learn what at-risk people are thinking and feeling
Fact: Asking at-risk people does not increase suicide/suicidal thoughts	Fact: Asking at-risk people if they have a plan or removing/disabling a lethal means makes a difference	Fact: Acknowledging/talking about suicide may reduce suicidal thoughts

# Emotional Pain: 5 Ways to Help

The following information is from [www.#bethe1to.com](http://www.#bethe1to.com) to help someone in emotional pain:

## 4 Help Them Connect

Share the suicide prevention number 1-800-273-TALK or the crisis help text 741741 with at-risk people

Fact: Connection with a trusted individual is key (family, friend, spiritual advisor or mental health professional)

## 5 Follow-Up

Stay in touch after a crisis or after someone is discharged from care

Fact: Suicide deaths go down when people follow up with an at-risk person

# National Resources

National Alliance on Mentally Illness (NAMI)  
National and local resources, <https://www.nami.org/Home>

National Suicide Prevention Lifeline  
1-800-273-8255, <https://suicidepreventionlifeline.org/>

Substance Abuse and Mental Health Services Administration (SAMHSA)  
<https://www.samhsa.gov/find-help/national-helpline>

National Institute of Mental Health (NIMH)  
<https://www.nimh.nih.gov/health/find-help/index.shtml>

Mental Health America (MHA)  
<https://www.mhanational.org/>

United Way  
Community Resources

# Lewisville ISD Resources



## Help, when you need it most

With your Employee Assistance Program and Work/Life Balance services, confidential assistance is as close as your phone or computer.



### EMPLOYEE ASSISTANCE PROGRAM (EAP)

Your EAP is designed to help you lead a happier and more productive life at home and at work. Call for confidential access to a Licensed Professional Counselor\* who can help you.

A Licensed Professional Counselor can help you with:

- Stress, depression, anxiety
- Relationship issues, divorce
- Anger, grief and loss
- Job stress, work conflicts
- Family and parenting problems
- And more



### WORK/LIFE BALANCE

You can also reach out to a specialist for help with balancing work and life issues. Just call and one of our Work/Life Specialists can answer your questions and help you find resources in your community.

Ask our Work/Life Specialists about:

- Child care
- Elder care
- Financial services, debt management, credit report issues
- Identity theft
- Legal questions
- Even reducing your medical/dental bills!
- And more

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\*The counselors must abide by federal regulations regarding duty to warn of harm to self or others. In these instances, the consultant may be mandated to report a situation to the appropriate authority. Unum's Employee Assistance Program and Work/Life Balance services, provided by HealthAdvocate, are available with select Unum insurance offerings. Terms and availability of service are subject to change. Service provider does not provide legal advice; please consult your attorney for guidance. Services are not valid after coverage terminates. Please contact your Unum representative for details. Insurance products are underwritten by the subsidiaries of Unum Group.  
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EN 2058-1 FOR EMPLOYEES (10/20)

### Who is covered?

Unum's EAP services are available to all eligible partners and employees, their spouses or domestic partners, dependent children, parents and parents-in-law.

### Always by your side

- Expert support 24/7
- Convenient website
- Short-term help
- Referrals for additional care
- Monthly webinars
- Medical Bill Saver™ — helps you save on medical bills

### Help is easy to access:

Phone support: 1-800-854-1446

Online support: [unum.com/lifebalance](https://unum.com/lifebalance)

In-person: You can get up to three visits, available at no additional cost to you with a Licensed Professional Counselor. Your counselor may refer you to resources in your community for ongoing support.

Please access the URL below to receive trade credit for participating in this evening's session.

<https://forms.gle/oPmXbec2CVC3yFW16>



# References

National Institute of Mental Health  
<https://www.nimh.nih.gov/>

Substance Abuse and Mental Health Services Administration  
(SAMSHA)  
<https://www.samhsa.gov/>

American Psychiatric Association  
Diagnostic and statistical manual of mental disorders (2013) (5th ed.)

American Psychological Association  
<https://www.apa.org/>