

Suicide Intervention Seminar

Summary of Presentation

Definitions

- Suicide (fatal),
- Suicide Attempt (self-directed behavior with intent to die / non-fatal)
- Suicide Ideation (thinking about, considering / planning)

Reasons people may have mental health struggles

Most common reason is not feeling connected or no sense of belonging

Bullying, discrimination/racism, abuse (domestic, physical, sexual), bereavement, relationship ending, moving, change schools, change jobs, divorce, money problems, homelessness, isolation / loneliness, addiction, pregnancy/ childbirth/postpartum depression, gender identity issues, medication, trauma, etc.

Who is at risk

- Immediate risk // a person talking about it or planning it.
- Serious risk // talking about being trapped, things are unbearable, feel a burden to others, increased drug or alcohol use, anxious, too much or too little sleep, angry, withdraw/isolate, vacillating moods, talk of revenge, hopelessness

Key Action Steps

Connecting and belonging are key to prevention

- **Ask:** Are you thinking about suicide? Have you taken any steps? If you were going to take your life, how would you do it? Do you have a specific detailed plan?
- **Listen** without interruption or judgement. Do not promise to keep their thoughts/words a secret. Listen to their reasons for being in such emotional pain and for possible reasons to stay alive.
- **Give** them a reason to stay alive *without laying guilt*.
- **Be there** for them, follow thru, check in
- **Develop a safety plan.** Can we make a contract to do no harm until xxx time. Hand them a list of people and numbers to call when hurting / in trouble. Give them the new 988 Lifeline (suicide & crisis line) number to text or call 24/7. Can refer to therapist. "I'm going to walk with you through this, YOU ARE NOT ALONE."

Contacts

- Your Name and Number
- National Resource: <https://988lifeline.org> or 988 (call or text)
- Local Resource: <https://www.boystown.org/hotline/Pages/default.aspx> or 800-448-3000 or Text VOICE to 20121

Notable statements

- *"Look for the ones outside the herd and make contact with them."*
- *"Invite them to lunch with the rest of you by saying something like "Hey we are headed to lunch and we'd love for you to join us" rather than "Hey would you be interested in going to lunch with us?"*