

TALK SAVES LIVES™

An Introduction to Suicide Prevention



**AMERICAN FOUNDATION FOR
Suicide Prevention**



Suicide
is a **health**
issue.



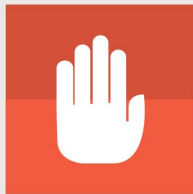
You can
prevent
suicide.



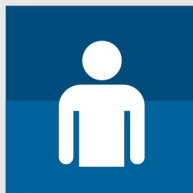
Statistics



Research



Prevention



What Can You Do?




Statistics



Over
800,000
people die
by suicide
each year.



Someone
dies by
suicide every
40 seconds.



In the U.S.
suicide is the
10th leading
cause of death.

In 2015:
44,193
people died
by suicide.



For every
suicide...

**25 others
attempt.**





Each suicide
leaves behind
100+ people



Suicide has an economic impact.

**\$51 billion
per year in the
United States.**



Research



Why do people take their own lives?

There is **no single cause**, but rather multiple intersecting factors.



9 out of **10** people who die by suicide have a mental health condition contributing to their death.



1 in **4** people will suffer from a mental health condition, and most **do not** go on to **die** by suicide.



Physical Differences

The brains of people who die by suicide **differ** from those who die from other causes in both **structure** and **function**.



Most people who attempt suicide are ambivalent about death.



The Perspective of a Suicidal Person

Crisis point has been reached.

Desperate to escape unbearable **pain**.

Thinking becomes **limited**.

The Goals of Research



Biomarkers



Interventions



Psychotherapies

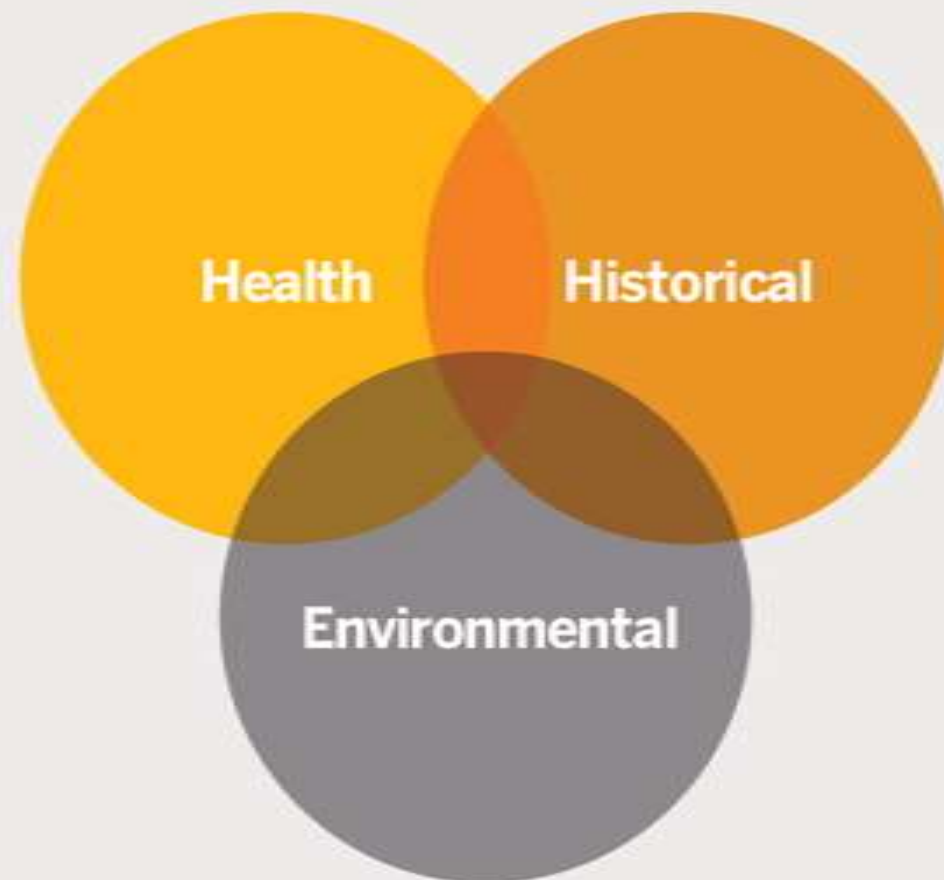


Medication



Who is
at **risk**?

Risk Factors



Health Factors



Mental health conditions:

- Depression
- Bipolar disorder
- Anxiety disorder
- Personality disorders
- Psychosis
- Substance use disorders

Other Health Factors

- **Serious or chronic health conditions**
- **Serious or chronic pain**
- **Serious head injuries**

Historical Factors

- **Family history of suicide**
- **Family history of mental health conditions**
- **Childhood abuse**
- **Previous suicide attempts**



Environmental Factors

- **Exposure/contagion**
- **Prolonged stress**
- **Stressful life event**
- **Access to lethal means**

What others know:



What they may not know:



Genetic risk



Depression



Prolonged stress at work



Drinking more than usual



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.



The problem: only **2** in **5** with a mental health condition **seek treatment**

We need a culture where everyone knows to be smart about mental health.

Take Care of Your 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 you**



The law requires insurance plans to cover **mental health** services the same as **physical health** services.

Self Care Strengthens Mental Health



Exercise



Healthy diet



Sleep



**Stress
management**

**Limiting access
to means** helps
prevent suicide.

Limiting Access to Means



**CO sensors
in cars**



**Barriers on
bridges**



**Blister packaging
for medication**



Secure firearms

Support for loss survivors and those with lived experience.





What can **you** do?

Have A Conversation





Watch for the
warning signs



Reach out



Seek help

Suicide Warning Signs



Talk



Behavior



Mood


Talk

- **Ending their lives**
- **Having no reason to live**
- **Being a burden to others**
- **Feeling trapped**
- **Unbearable pain**

Behavior

- **Increased use of alcohol or drugs**
- **Insomnia**
- **Acting recklessly**
- **Withdrawing from activities**
- **Isolating from family and friends**
- **Looking for a way to kill themselves**
- **Giving away possessions**

Mood

- 
- **Depression**
 - **Apathy**
 - **Rage**
 - **Irritability**
 - **Impulsivity**
 - **Humiliation**
 - **Anxiety**
 - **Agitation**

Trust your gut.

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

SUPPORT



TALK
SAVES
LIVES

How to Reach Out

- Talk to them in **private**
- **Listen** to their story
- Express **concern** and **caring**
- **Ask directly about suicide**
- Encourage them to **seek mental health services**



Avoid minimizing
their feelings

Avoid trying to convince
them life is worth living

Avoid advice to fix it

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



Suicide
Prevention
Lifeline

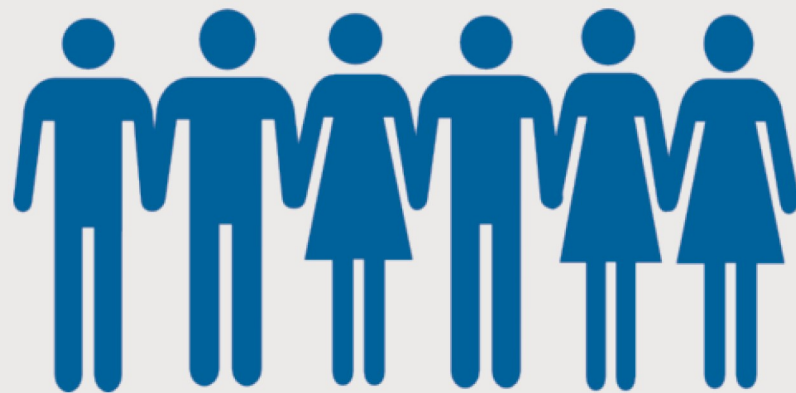
1-800-273-TALK

Crisis Text Line
741-741



For
emergencies.
911

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





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Suicide Prevention

afsp.org

