RECOGNIZE & CONNECT!
The Connect Program:
HeadRest Annual Meeting
June 25, 2020
Ann Duckless, MA
aduckless@naminh.org

Suicide is a Profound Loss
www.naminh.org
for loss support groups

• All of us have been touched by loss at some point in our lives.
• Talking about suicide can bring up personal experiences for us.
• We need to be sensitive to loss survivors, attempt survivors, or any of us at risk for suicide.
• In talking about suicide, take care of yourself and seek support that would be helpful to you.

Why We Don’t Talk About It

STIGMA
ANGER
TOO MUCH RESPONSIBILITY
male stigma
fear
judged by others
not sure what to do
cultural taboo
weakness
failure
guilt
disappointment
doesn’t impact me
don’t know what to say
embarrassment

Talking about Suicide is the First Step to Preventing Suicide!

Recognize, Connect!

Crisis Lines around the US
Golden Gate Bridge, CA
Aurora Bridge, WA

Crisis Lines “Across the Pond”
**Language of Suicide**

**Terms to Use:**
- Died by suicide
- Lost one’s life
- Died as a result of a self-inflicted injury
- Survived attempt

**Terms to Avoid:**
- Committed suicide
- Successful suicide
- Completed suicide
- Chose to kill themselves
- Failed attempt

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**NH Data: Leading Causes of Death 2014-2018**

**Age Groups**

<table>
<thead>
<tr>
<th>Rank</th>
<th>10-14</th>
<th>15-24</th>
<th>25-34</th>
<th>35-44</th>
<th>45-54</th>
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<tbody>
<tr>
<td>1</td>
<td>Malignant Neoplasms 14</td>
<td>Unintentional Injury 302</td>
<td>Unintentional Injury 795</td>
<td>Unintentional Injury 661</td>
<td>Malignant Neoplasms 14</td>
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<td>2</td>
<td>Suicide 134</td>
<td>Suicide 153</td>
<td>Suicide 153</td>
<td>Malignant Neoplasms 210</td>
<td>Unintentional Injury 594</td>
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<tr>
<td>3</td>
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<td>Heart Disease 51</td>
<td>Malignant Neoplasms 60</td>
<td>Heart Disease 113</td>
<td>Heart Disease 562</td>
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<td>Heart Disease 51</td>
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<td>Heart Disease 594</td>
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</tbody>
</table>

**NH Data: Leading Causes of Death 2014-2018**

**Age Groups**

<table>
<thead>
<tr>
<th>Rank</th>
<th>45-54</th>
<th>55-64</th>
<th>65+</th>
<th>All Ages</th>
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<tbody>
<tr>
<td>6</td>
<td>Diabetes Mellitus 97</td>
<td>Diabetes Mellitus 253</td>
<td>Unintentional Injury 1,039</td>
<td>Alzheimer’s Disease 2,181</td>
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<tr>
<td>7</td>
<td>Chronic Low Respiratory Disease 197</td>
<td>Suicide 219</td>
<td>Diabetes Mellitus 1,196</td>
<td>Diabetes Mellitus 1,583</td>
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<tr>
<td>8</td>
<td>Cardiovascular 72</td>
<td>Cardiovascular 170</td>
<td>Influenza &amp; Pneumonia 1,066</td>
<td>Suicide 1,003</td>
</tr>
<tr>
<td>9</td>
<td>Septicemia 34</td>
<td>Septicemia 91</td>
<td>Nephritis 776</td>
<td>Influenza &amp; Pneumonia 1,967</td>
</tr>
</tbody>
</table>

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**Safe Messaging as a Community Protective Factor**

**Promote**
- Information on where/how to get help
  - NSPL: 1-800-273-TALK (8255)
  - Crisis Text Line: TEXT 741741
  - NH Crisis Addiction Line: 2-1-1
- Warning signs
- Early help for mental health and substance use problems
- Local efforts to prevent suicide

**Avoid**
- Giving detailed descriptions of a suicide incident
- Making the person a saint or a celebrity
- Oversimplifying causes
- Overstating the frequency of suicide (e.g., use of words like “epidemic”)
- Using terms like failed/successful/committed

**Focus on Life, Not Death**

**Focus on Life**

Focus on Death
Focus on the Cause, Not the Person

Focused on the Cause
Focused on the Person

Don’t Worry Alone!

• If there is no immediate risk, use your judgment about who to call first.
• Never feel you must handle this alone.
• Ask yourself: who do I know/trust that can assist and advise me in this situation?

Ask Directly about Suicide;
Gather as Much Information as Possible

• “Are you thinking of killing yourself or ending your life?”
  If the answer is yes:
  • “How are you planning to kill yourself?”
  • “When and where are you planning to end your life?”
  • “Who else knows about your plans?”
  • “What is happening in your life that makes you want to die?”
  If the answer is no: Listen to your gut sense. Stay connected with the person and seek help.

Note: Do not rely on their promise or contract for safety. A promise of safety is NOT a substitute for a mental health assessment.

Suicide Warning Signs

Seek help as soon as possible by contacting a mental health professional or by calling the National Suicide Prevention Lifeline at 1-800-273-TALK if you or someone you know exhibits any of the following signs:

• Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
• Looking for ways to kill oneself by seeking access to firearms, available pills, or other means
• Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person
• Feeling hopeless
• Feeling rage or uncontrolled anger or seeking revenge
• Acting recklessly or engaging in risky activities—suddenly without thinking
• Feeling trapped—like there’s no way out
• Increasing alcohol or drug use
• Withdrawing from friends, family, and society
• Feeling anxious, agitated, or unable to sleep or sleeping all the time
• Experiencing dramatic mood changes
• Seeing no reason for living or having no sense of purpose in life

Who Would You Talk to if You Were Worried about Someone?

| School Counselor/Student Assistance Counselor/School Nurse | Teacher | Police/Law Enforcement; School Resource Officer | School Administrator; Principal; Bus Driver; Coach; Custodian; Cafeteria Staff |
| Clergy or Faith-Based Organization | Medical Personnel (i.e. PCP, or EMS) | Social Service Agency | Counselor or Therapist |
| Neighbor or Another Person | Friend of the Person | Employee if Working | The Person or their Family Member |
| Community Organization | NH Crisis Addiction Line: 211 | Suicide Lifeline: 1-800-273-TALK (8255) | Crisis Text Line: TEXT 741741 |

Stay Connected with the Person, if Possible

The person turned to you because he/she trusted you.

http://www.youtube.com/watch?v=3BByqa7bhto&feature=youtu.be
Positive Action:
Simple Steps to Save Lives

• Inform family/support system that you believe individual may be at risk for suicide (and why).
• Tell them that reducing access to firearms and other lethal means (such as ropes, extension cords, Tylenol) can greatly reduce the risk to the individual.
• Convey the idea that Lethal Means Reduction is an effective suicide prevention practice.
  www.meansmatter.org (Harvard site)
  www.sprc.org (CALM 2 hour online training)

Mental Health and Well-Being

1. Separate what is in your control from what is not.
   i.e. Limit your consumption of news.

Mental Health and Well-Being

2. Do what helps YOU feel a sense of safety.
   i.e. Take your vitamins.

Mental Health and Well-Being

3. Get outside in nature.
   Vitamin D and fresh air are essential.
   Exercise also elevates both physical and mental health.

Mental Health and Well-Being

4. Challenge yourself to stay in the present.
   Practice mindfulness; it will help you stay grounded.

Mental Health and Well-Being

5. Stay connected with supportive others and reach out if you need more support.
   You don’t have to be alone with your worry.
### Websites & Resources for More Information

- **National Suicide Prevention Lifeline:** 1-800-273-8255 (TALK)
- **Crisis Text Line:** TEXT 741741
- **NH Crisis Addiction Line:** 2-1-1
- **The Connect Program:** www.theconnectprogram.org
- **NAMI NH:** www.naminh.org

- **Action Alliance for Suicide Prevention:** www.actionallianceforsuicideprevention.org
- **American Association of Suicidology (AAS):** www.suicidology.org
- **American Foundation for Suicide Prevention (AFSP):** www.afsp.org
- **Suicide Prevention Resource Center (SPRC):** www.sprc.org

### LGBTQ Resources

- **The Trevor Project (Suicide Hotline):** (866) 488-7386
  - [https://www.facebook.com/nativePFLAG/](https://www.facebook.com/nativePFLAG/)
- **Native PFLAG:** (602) 803-3907  www.NativePFLAG.org
- **PFalg National:** (202) 407-8130  www.pflag.org
- **Human Rights Campaign (HRC):** 1-800-777-4723  www.hrc.org
- **Gay, Lesbian & Straight Education Network (GLSEN):** (212) 727-0135  www.glsen.org
- **Gay and Lesbian Alliance Against Defamation (GLAAD):** (312) 933-2240  www.glaad.org
- **Lambda Legal:** (212) 809-8085  http://lambdalegal.org
- **Gay-Straight Alliance (GSA) Network:** (415) 552-4229  www.gsnetwork.org
- **National Center for Transgender Equality:** (202) 903-0112  http://transequality.org
- **Gay & Lesbian National Hotline:** (888) 843-4564 Provides vital peer support, community connections and resource information to people with questions regarding sexual orientation and/or gender identity.
- **1N10:** (602) 400-2601  www.1n10.org  Support for young adults ages 14-24
- **TransLifeline:** (877) 565-4860  www. translifeline.org