


# RECOGNIZE & CONNECT!

## The Connect Program: HeadRest Annual Meeting June 25, 2020


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Training Professionals & Communities in  
Suicide Prevention & Response®

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# Suicide is a Profound Loss


[www.naminh.org](http://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.

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# Why We Don't Talk About It

embarrassment doesn't impact me failure  
guilt seen as a sin weakness  
**STIGMA**  
not sure what to do  
male stigma fear  
failure weakness  
JUDGED BY OTHERS  
shame

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# Recognize, Connect!

## Talking about Suicide is the First Step to Preventing Suicide!



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# Crisis Lines around the US

### Golden Gate Bridge, CA




### Aurora Bridge, WA




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# Crisis Lines "Across the Pond"





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## 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

Source: CDC WISQARS 2014-2018

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

Rank	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	All Ages
1	Short Gestation	Congenital Anomalies	Malignant Neoplasms	Malignant Neoplasms	Unintentional Injury	Unintentional Injury	Unintentional Injury	Malignant Neoplasms	Malignant Neoplasms	Heart Disease	Malignant Neoplasms
2	Congenital Anomalies	Unintentional Injury	Unintentional Injury	Suicide	Suicide	Suicide	Unintentional Injury	Unintentional Injury	Heart Disease	Malignant Neoplasms	Heart Disease
3	Maternal Pregnancy Comp.	Homicide	Homicide	Unintentional Injury	Heart Disease	Malignant Neoplasms	Suicide	Heart Disease	Unintentional Injury	Chronic Low Respiratory Disease	Unintentional Injury
4	Pneumonia	Influenza & Pneumonia	Benign Neoplasms	Congenital Anomalies	Malignant Neoplasms	Heart Disease	Heart Disease	Heart Disease	Chronic Low Respiratory Disease	Cerebrovascular Disease	Chronic Low Respiratory Disease
5	Circulatory System Disease	Malignant Neoplasms	Heart Disease	Benign Neoplasms	Homicide	Heart Disease	Heart Disease	Heart Disease	Alzheimer's Disease	Cerebrovascular Disease	Cerebrovascular Disease
6	Respiratory Disease	Diabetes Mellitus	Cerebrovascular Disease	Chronic Low Respiratory Disease	Chronic Low Respiratory Disease	Diabetes Mellitus	Diabetes Mellitus	Diabetes Mellitus	Unintentional Injury	Alzheimer's Disease	Alzheimer's Disease
7	Intestinal Infection	...	Congenital Anomalies	Influenza & Pneumonia	Congenital Anomalies	Cerebrovascular Disease	Chronic Low Respiratory Disease	Suicide	Diabetes Mellitus	Diabetes Mellitus	Diabetes Mellitus
8	SIDS	...	...	Nephritis	Diabetes Mellitus	Congenital Anomalies	Cerebrovascular Disease	Cerebrovascular Disease	Influenza & Pneumonia	Influenza & Pneumonia	Influenza & Pneumonia
9	Bacterial Infection	...	...	Pneumonia	Cerebrovascular Disease	Chronic Low Respiratory Disease	Cerebrovascular Disease	Septicemia	Nephritis	Nephritis	Nephritis
10	Three Year	...	...	Benign Neoplasms	Complicated Pregnancy	Congenital Anomalies	Congenital Anomalies	Parkinson's Disease	Nephritis	Nephritis	Nephritis

Source: CDC WISQARS 2014-2018

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

Rank	10-14	15-24	25-34	35-44	45-54
1	Malignant Neoplasms 14	Unintentional Injury 322	Unintentional Injury 795	Unintentional Injury 601	Malignant Neoplasms 891
2	Suicide ---	Suicide 154	Suicide 183	Malignant Neoplasms 210	Unintentional Injury 594
3	Unintentional Injury ---	Heart Disease 18	Malignant Neoplasms 60	Suicide 198	Heart Disease 562
4	Congenital Anomalies ---	Malignant Neoplasms 14	Heart Disease 51	Heart Disease 113	Suicide 281

Source: CDC WISQARS 2014-2018

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

Rank	45-54	55-64	65+	All Ages
6	Diabetes Mellitus 97	Diabetes Mellitus 253	Unintentional Injury 1,539	Alzheimer's Disease 2,181
7	Chronic Low Respiratory Disease 87	Suicide 219	Diabetes Mellitus 1,196	Diabetes Mellitus 1,583
8	Cerebrovascular Disease 72	Cerebrovascular Disease 170	Influenza & Pneumonia 1,066	Suicide 1,263
9	Septicemia 34	Septicemia 91	Nephritis 776	Influenza & Pneumonia 1,167

Source: CDC WISQARS 2014-2018

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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

Source: CDC WISQARS 2014-2018

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## Focus on Life, Not Death

**Focus on Life**

**Focus on Death**


Source: CDC WISQARS 2014-2018

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## Focus on the Cause, Not the Person

**Focused on the Cause**



**Focused on the Person**



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## 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 reckless or engaging in risky activities—seemingly 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

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## 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?**

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

<i>School Counselor/ Student Assistance Counselor/ School Nurse</i>	<i>Teacher</i>	<i>Police/ Law Enforcement; School Resource Officer</i>	<i>School Administrator; Principal; Bus Driver; Coach; Custodian; Cafeteria Staff</i>
<i>Clergy or Faith-Based Organization</i>	<i>Medical Personnel (i.e. PCP, or EMS)</i>	<i>Social Service Agency</i>	<i>Counselor or Therapist</i>
<i>Neighbor or Another Person</i>	<i>Friend of the Person</i>	<i>Employer, if Working</i>	<i>The Person or their Family Member</i>
<i>Community Organization</i>	<i>NH Crisis Addiction Line: 2-1-1</i>	<i>Suicide Lifeline: 1-800-273-TALK (8255)</i>	<i>Crisis Text Line: TEXT 741741</i>

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## 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.

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## 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>



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**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](http://www.meansmatter.org) (Harvard site)  
[www.sprc.org](http://www.sprc.org) (CALM 2 hour online training)

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**Mental Health and Well-Being**  
[www.afsp.org](http://www.afsp.org)

**1. Separate what is in your control from what is not.**

i.e. Limit your consumption of news.



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**Mental Health and Well-Being**

**2. Do what helps YOU feel a sense of safety.**

i.e. Take your vitamins.



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**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.



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**Mental Health and Well-Being**

**4. Challenge yourself to stay in the present.**

Practice mindfulness; it will help you stay grounded.



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**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.



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## Hope for these Times








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## 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](http://www.theconnectprogram.org)
- NAMI NH: [www.naminh.org](http://www.naminh.org)
- Action Alliance for Suicide Prevention: [www.actionallianceforsuicideprevention.org](http://www.actionallianceforsuicideprevention.org)
- American Association of Suicidology (AAS): [www.suicidology.org](http://www.suicidology.org)
- American Foundation for Suicide Prevention (AFSP): [www.afsp.org](http://www.afsp.org)
- Suicide Prevention Resource Center (SPRC): [www.sprc.org](http://www.sprc.org)



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## LGBTQ Resources

- The Trevor Project (Suicide Hotline): (866) 488-7386
- Native PFLAG: (602) 803-3907 [www.NativePFLAG.org](http://www.NativePFLAG.org)  
<https://www.facebook.com/nativepflag/>
- PFLAG National: (202) 467-8180 [www.pflag.org](http://www.pflag.org)
- Human Rights Campaign (HRC): 1-800-777-4723 [www.hrc.org](http://www.hrc.org)
- Gay, Lesbian & Straight Education Network (GLSEN): (212) 727-0135 [www.glsen.org](http://www.glsen.org)
- Gay and Lesbian Alliance Against Defamation (GLAAD): (323) 933-2240 [www.glaad.org](http://www.glaad.org)
- Lambda Legal: (212) 809-8585 <http://lambdalegal.org>
- Gay-Straight Alliance (GSA) Network: (415) 552-4229 [www.gsanetwork.org](http://www.gsanetwork.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.oneten.org](http://www.oneten.org) Support for young adults ages 14-24
- TransLifeline: (877) 565-8860 [www.translifeline.org](http://www.translifeline.org)

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