



Suicide Prevention

Before starting this presentation, please review the cover page that is included as part of the suicide prevention toolkit.

Don't hesitate to reach out to Johnson County Mental Health Center if you or someone you know is in crisis

913-268-0156.

Stats - Why this is important

- For middle and high school age youth (ages 12-18), suicide is the 2nd leading cause of death.
- More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, **COMBINED**.
- **Four out of Five** teens who attempt suicide have given clear warning signs.

Suicide Impacts Everyone

- Most have been impacted by suicide in one way or another
- 20% of people will have a suicide in their immediate family
- 60% of people will personally know someone who dies by suicide

Protective Factors



- Effective/accessible care for mental, physical, and substance abuse disorders
- Family and community support (connectedness)
- School/community engagement
- Ability to make friends and positive peer support
- Skills in problem solving, conflict resolution, and nonviolent ways of handling disputes

Risk Factors: Mental Health Conditions

- Depression, Bipolar Disorder, Schizophrenia, Borderline Personality Disorder, Conduct Disorder, Anxiety Disorders
- Substance abuse disorders
- Serious or chronic health condition and/or pain



Risk Factors: Historical Factors

- Previous suicide attempts
- Family history of suicide



Risk Factors: Environmental Factors

- Stressful life events - death, divorce, or parental job loss
- Prolonged stress factors - harassment, bullying, relationship problems, aggression/fighting
- Access to lethal means-firearms and drugs
- Exposure to another person's suicide or sensationalized accounts of suicide



Warning Signs of Suicide

- Talking about suicide
 - Any talk about suicide, dying, or self-harm, such as “I wish I hadn’t been born”, “If I see you again...” and “I’d be better off dead”
- Seeking out lethal means
 - Seeking access to guns, pills, knives, or other objects that could be used in a suicide attempt
- Preoccupation with death
 - Unusual focus on death, dying, or violence
 - Writing poems or stories about death

Warning Signs of Suicide

- No hope for the future
 - Feelings of helplessness, hopelessness, and being trapped (“there’s no way out”). Belief that things will never get better or change
- Self-loathing, self-hatred
 - Feelings of worthlessness, guilt, shame, and self-hatred. Feeling like a burden.
“Everyone would be better off without me”
- Lack of interest in things once enjoyed

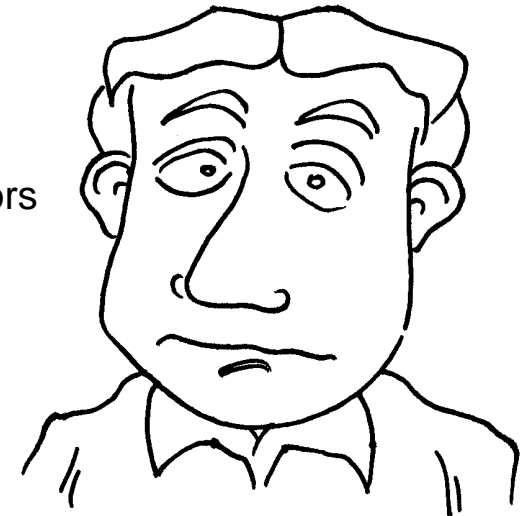
Warning Signs of Suicide

- Withdrawing from others
 - Withdrawing from friends and family
 - Increasing social isolation
 - Desire to be left alone
- Sudden behavior changes
 - Appearance
 - Appetite
 - Sleep patterns
- Self-destructive behavior
 - Alcohol or drug use, reckless driving, unsafe sex
 - Taking unnecessary risks as if they have a ‘death wish

If I spot warning signs, what are some things I need to keep in mind?



Great question! Here are a few thoughts...



Things To Do:

- **Ask:** Are you okay? Are you having thoughts of suicide?
- **Express concerns** of observed behaviors
- Listen attentively, **non-judgmentally**
- Tell them they are **not alone**
- Guide to **professional help**
- **Empathy** and **validation of feelings**

Things To Avoid:

- **Don't argue**, lecture, or guilt the individual
- Offer ways to fix their problems
- **DO NOT PROMISE CONFIDENTIALITY! YOU WILL NEED TO TELL A TRUSTED ADULT!**

You are not alone!

Johnson County Mental Health Center

– 24 Hour Emergency Services **913-268-0156**

Suicide Prevention Lifeline- 1-800-273-TALK

– Text: **741-741**

Questions?

Crisis Resources:

- **Johnson County Mental Health Center**
 - 24 Hour Emergency Services **913-268-0156**
- **Suicide Prevention Lifeline- 1-800-273-TALK**
 - Text: **741-741**

Other Helpful Resources:

- afsp.org
- Jasonfoundation.com
- thetrevorproject.org
- sprc.org
- jocogov.org/suicideprevention

@JoCoMNH
@MNHDirector
@MNHDepDirector



jocogov.org/mentalhealth | 913-826-4200

