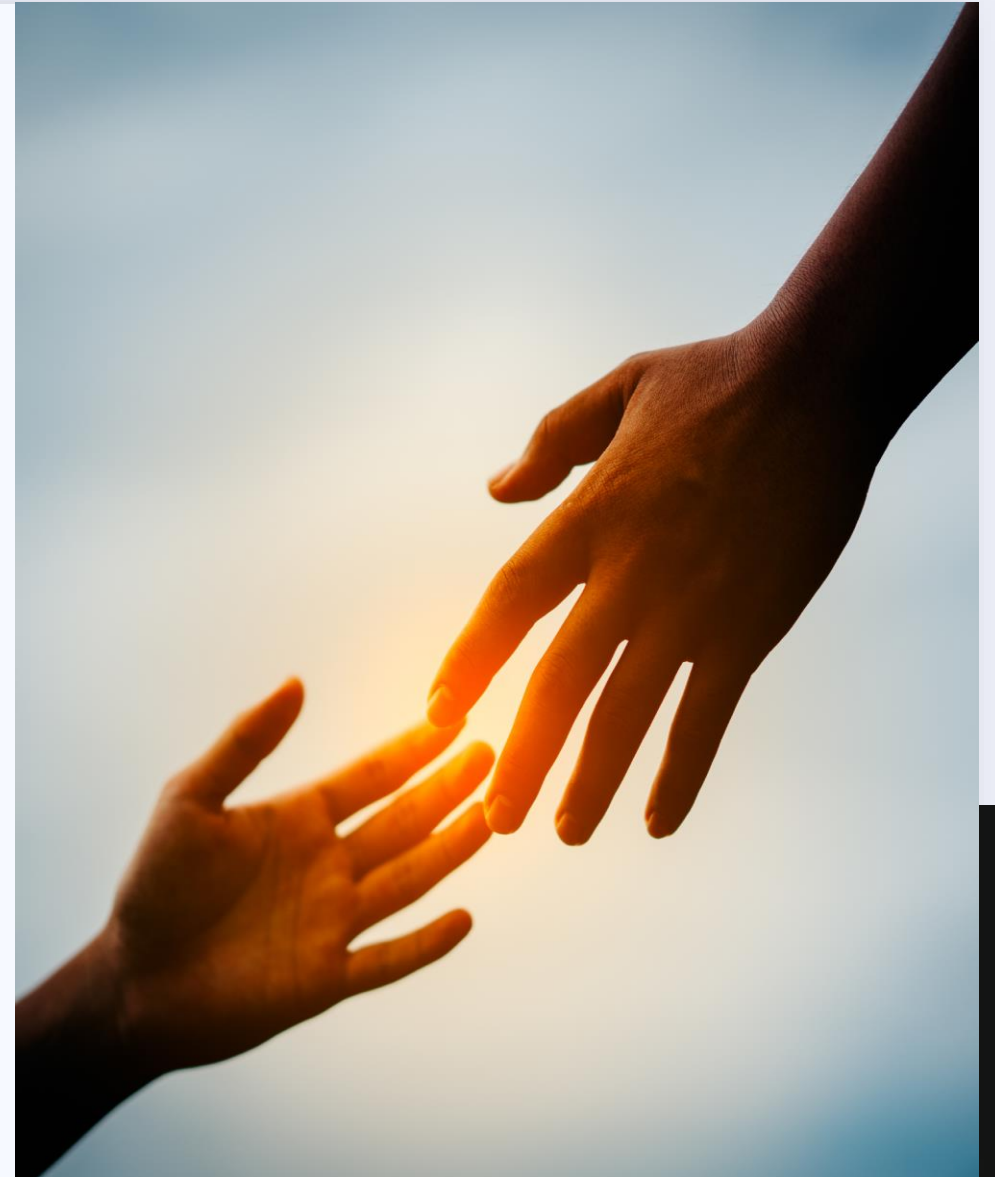


SUICIDE PREVENTION: TOOLS TO SAVE A LIFE

DR. LISA FIRESTONE, PH.D.



INTRODUCTION

In this webinar:

Discuss warning signs for suicide

Outline steps you can take to help someone considering suicide

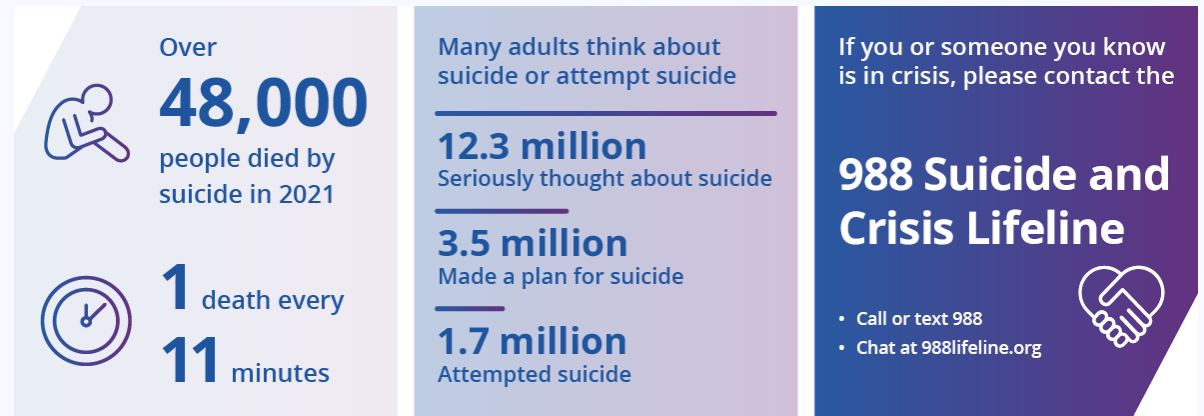
Give you language to talk about suicide

Provide resources that can help save a life

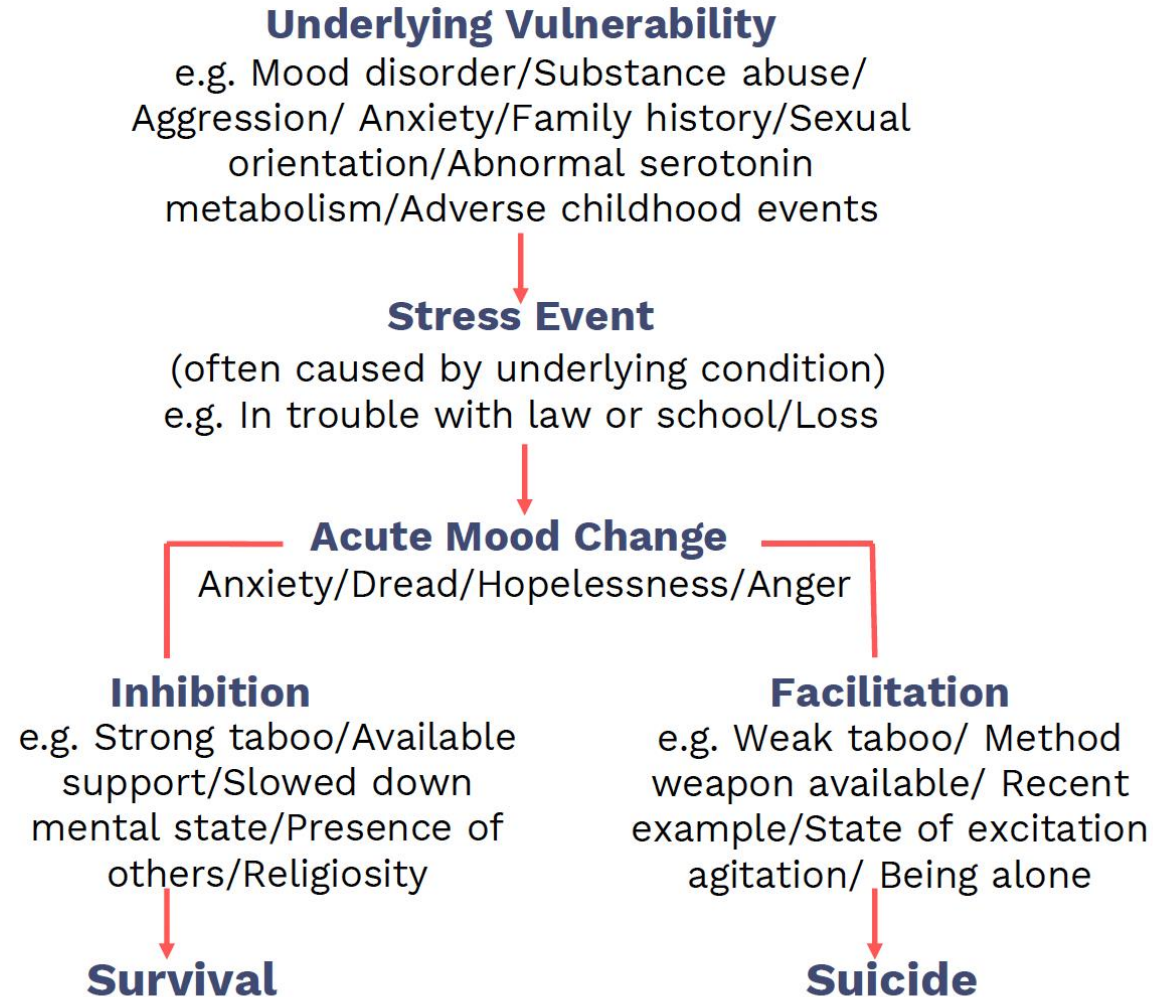


FACTS ABOUT SUICIDE

- Suicide rates increased approximately 36% between 2000–2021
- Suicide affects people of all ages
- In 2021, suicide was among the top 9 leading causes of death for people ages 10-64. Suicide was the second leading cause of death for people ages 10-14 and 20-34
- Some groups have higher suicide rates than others.
- Risk is increasing for teens and LGBTQ+ individuals

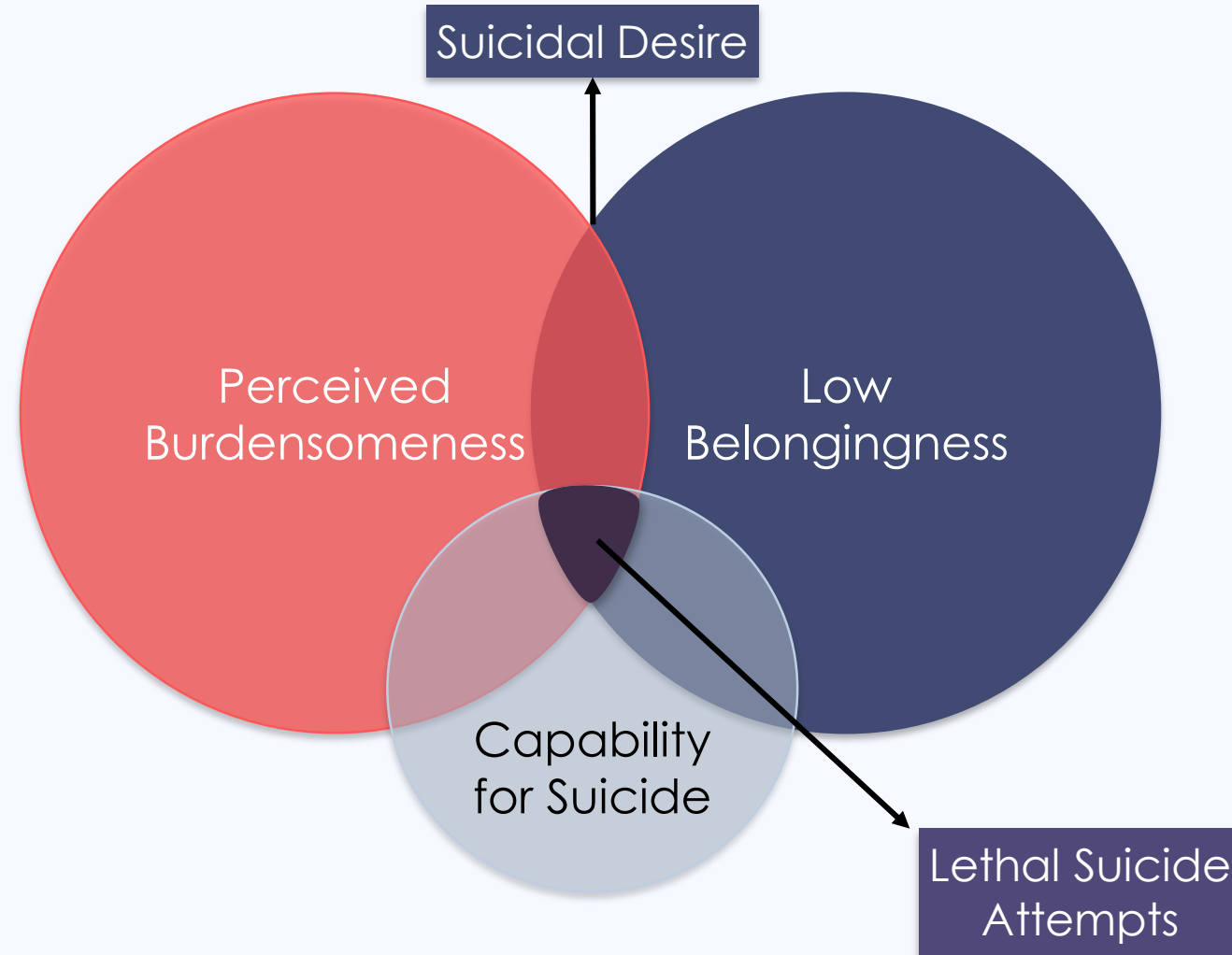


How does a suicide occur?

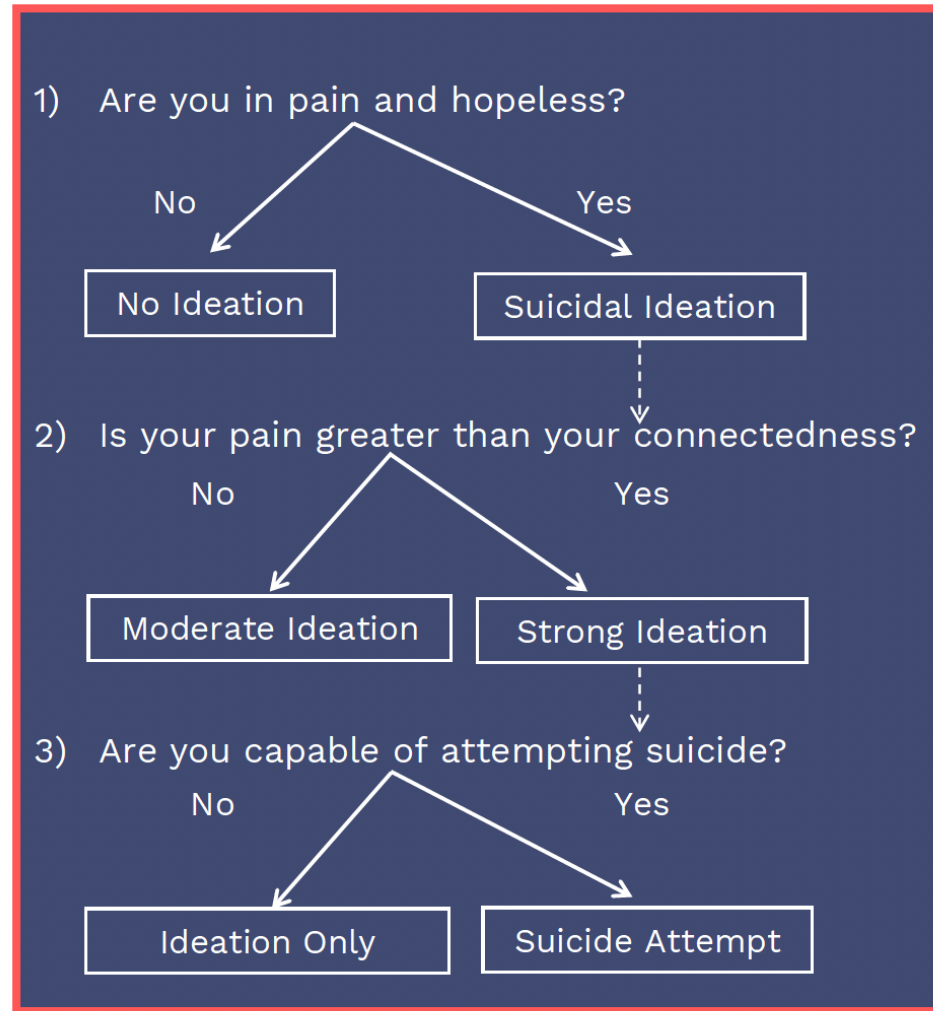


SOURCE: Gould, Madelyn, 2012

Those Who Desire Suicide

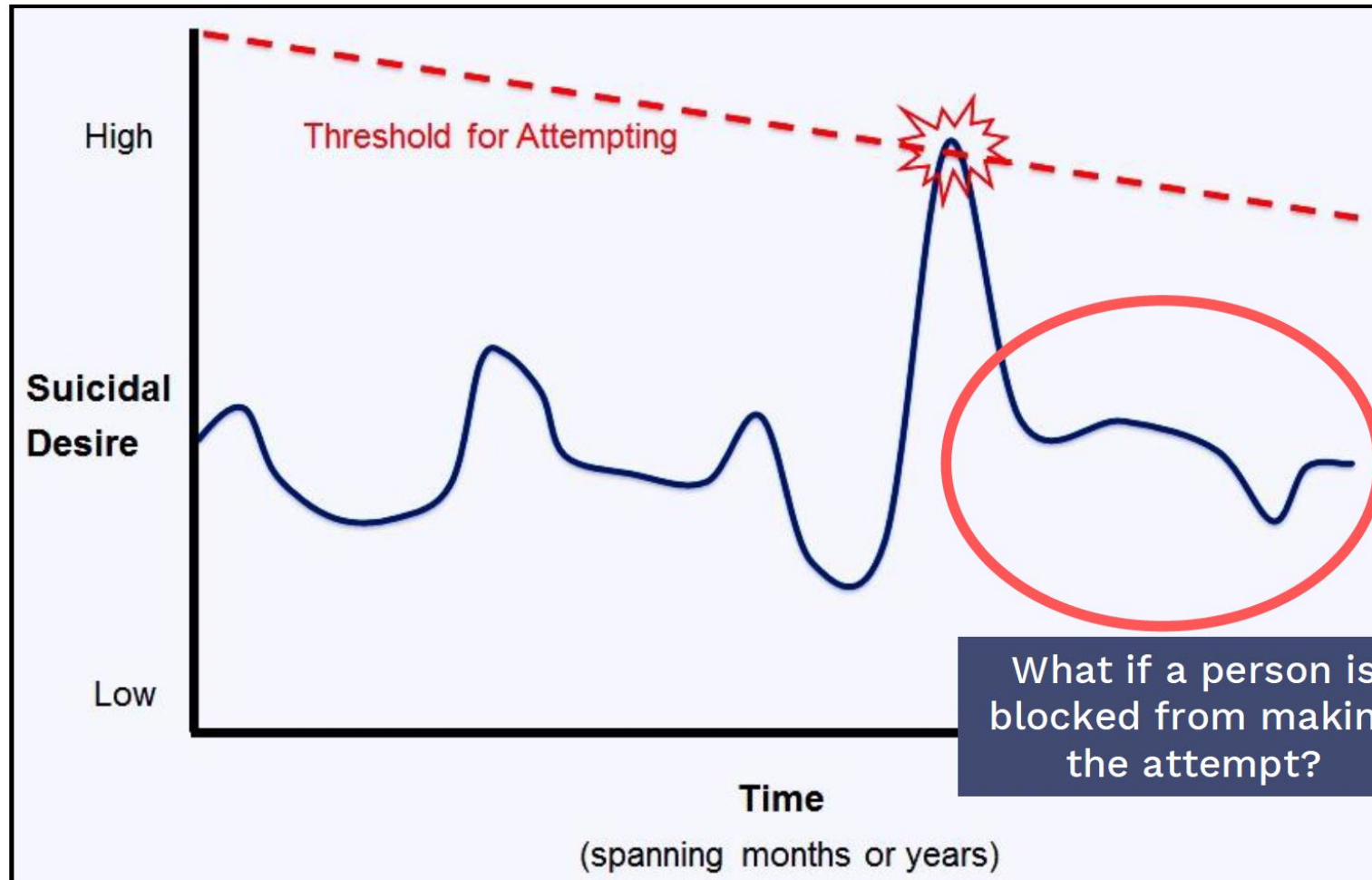


Three-Step Theory of Suicide



SOURCE: Klonsky, D. & May, A., International Journal of Cognitive Therapy, 2015

Plot Desire & Capability Together



SOURCE: Klonsky, E., University of British Columbia, 2017

THE SUICIDAL MODE

Experienced as:

- Mental pain
- Strong feelings of anger, anxiety, embarrassment, humiliation and shame
- Dissociative symptoms such as emotional numbing, detachment from body, and indifference to physical pain (Orbach, 1994)

The Suicidal Mode

In suicidal mode, the cognitive system is characterized by the suicidal belief system, with core beliefs such as:

- Feeling helpless (“I can’t do anything about my problems”)
- Being unlovable (“I don’t deserve to live, I am worthless”)

What Patients Tell Us

“ I heard a negative voice telling me, “You’re worthless. Because of your inadequacies you’ll never make it – I’ve always told you so – and you won’t make it again this time. You have no right to live. “The feeling of bitterness, hopelessness, and desperation at that moment was so strong that I could not bear it any more, and couldn’t see the point in carrying on. ”

Risk Factors and Warning Signs

SUICIDE RISK FACTORS

Risk factors are characteristics that make it more likely that someone will consider, attempt, or die by suicide. They can't cause or predict a suicide attempt, but they're important to be aware of.



Suicide Risk Factors

Health

- Mental health conditions
- Substance use problems
- Personality traits of aggression, mood changes and poor relationships
- Serious physical health conditions including pain
- Traumatic brain injury

SUICIDE RISK FACTORS

Environmental

- Access to lethal means including firearms and drugs
- Prolonged stress, such as harassment, bullying, relationship problems or unemployment
- Stressful life events, like rejection, divorce, financial crisis, other life transitions or loss
- Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide

SUICIDE RISK FACTORS

Historical

- Previous suicide attempts
- Family history of suicide
- Childhood abuse, neglect or trauma



SUICIDE RISK FACTORS

- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma.
- Key symptoms: **anhedonia, impulsivity, hopelessness, anxiety/panic, insomnia, command hallucinations, intoxication**. For children and adolescents: oppositionality and conduct problems.

WARNING SIGNS- TALK

If a person talks about:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain



WARNING SIGNS- BEHAVIOR

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for methods
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue



Warning Signs- Mood

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement

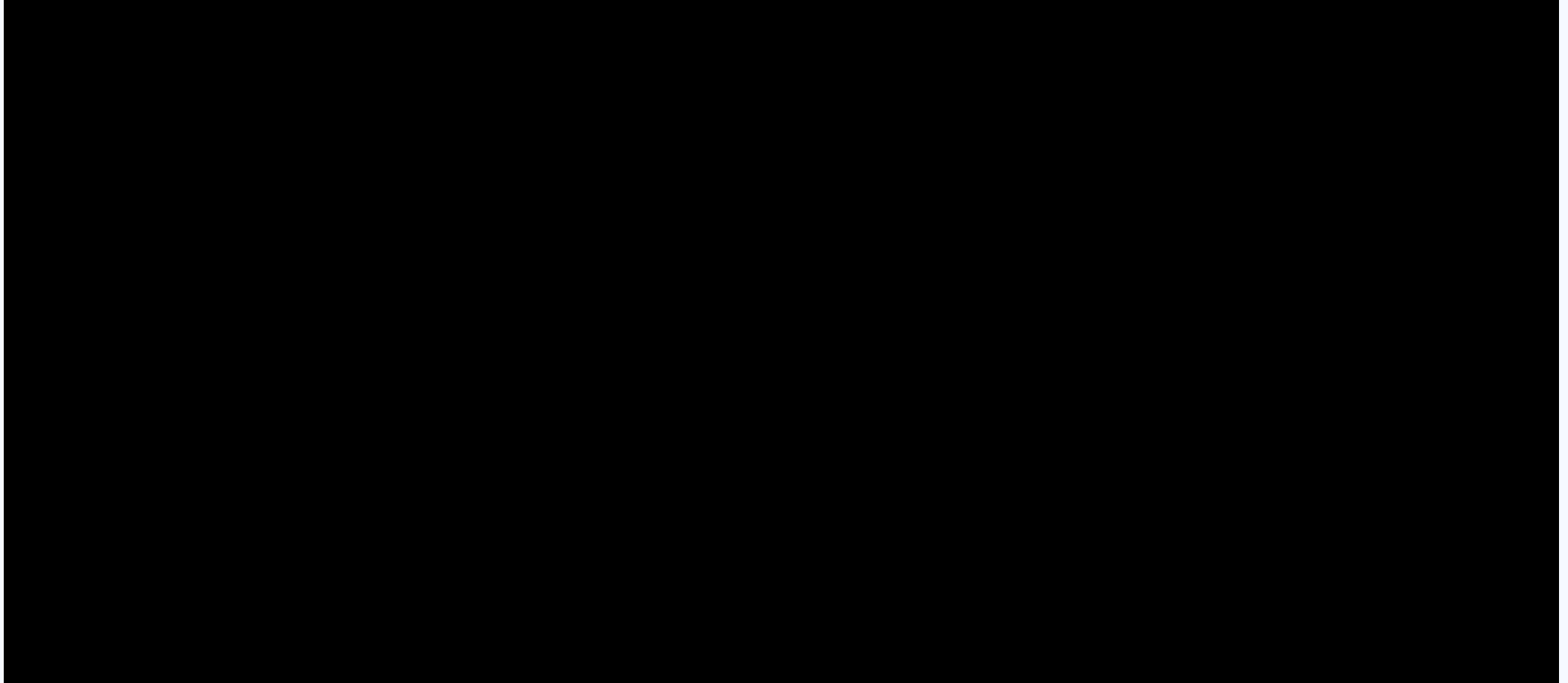
PROTECTIVE FACTORS

- Effective behavioral health care
- Connectedness to individuals, family, community, and social institutions
- Life skills (including problem solving skills and coping skills, ability to adapt to change)
- Self-esteem and a sense of purpose or meaning in life
- Cultural, religious, or personal beliefs that discourage suicide



How You Can Help

VIDEO- TEEN SUICIDE PREVENTION



TALK to friends.

Be the one who will listen
and help.

You can do something to prevent suicide. #BeThe1To save a life.

JOIN US NOW



Be the One to Help

For 2016's National Suicide Prevention Awareness Month, join the National Suicide Prevention Lifeline and partners to spread the message that we can all take action to prevent suicide, and that healing, hope and help can happen.



Spread the Message

Download our toolkit and get the 5 steps to help someone in crisis. Then share the #BeThe1To message throughout September.



Connect with Stories


Read and watch stories of individuals who have made an impact in others' lives. Then submit your own.



Watch the Live Stream

Help change the conversation. Watch our Facebook Live event and add your questions and thoughts in the comments.

#BETHE1TO ACTION STEPS



#BeThe1To
ASK.

Find out why this can save a life at
www.BeThe1To.com
If you're struggling, call the Lifeline at
1-800-273-TALK (8255)



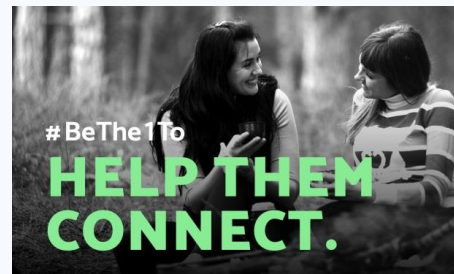
#BeThe1To
KEEP THEM SAFE.

Find out why this can save a life at
www.BeThe1To.com
If you're struggling, call the Lifeline at
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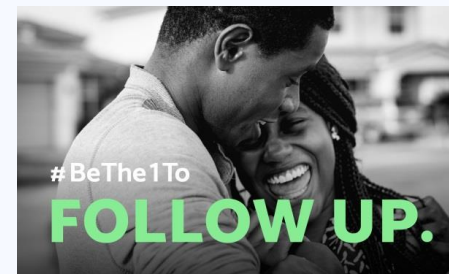
#BeThe1To
BE THERE.

Find out why this can save a life at
www.BeThe1To.com
If you're struggling, call the Lifeline at
1-800-273-TALK (8255)



#BeThe1To
HELP THEM CONNECT.

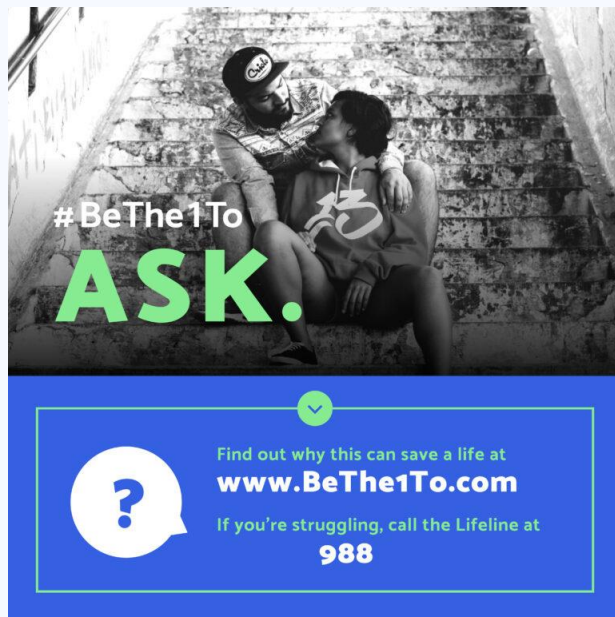
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#BeThe1To
FOLLOW UP.

Find out why this can save a life at
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ASK



Ask the questions:

- “Are you thinking about suicide?”
- “How do you hurt?”
- “How can I help?”

Listen

- Take their answers seriously
- Acknowledge their feelings
- Listen to why they are in pain and for their reasons to stay alive.

Talking about Suicide DOES NOT increase risk of suicide.

BE THERE



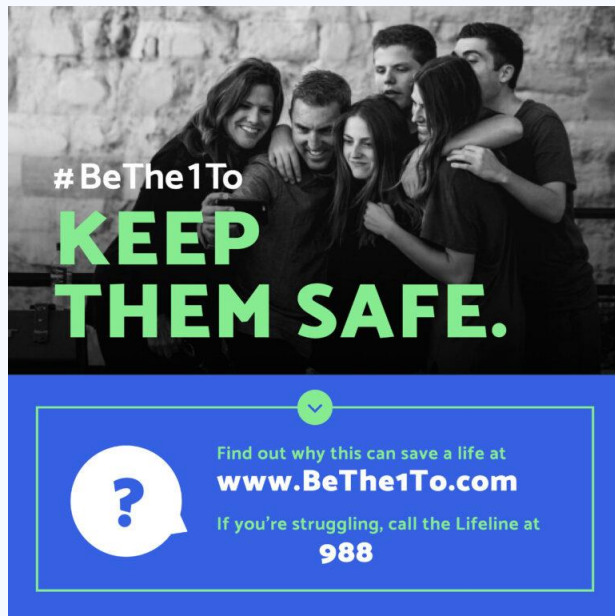
How

- Physically, on the phone, other ways that show support
- Help them connect with someone who can be physically present
- Follow through on how you say you will support them

Why

- Connectedness can be lifesaving

KEEP THEM SAFE



- **Ask about their plan**
 - "Have you done anything already to try to kill yourself?"
 - "Have you thought about how you would kill yourself?"
 - Ask about their timeline and access to means
 - Knowing their plan can help you understand their level of risk
- Call the Lifeline (988) for help assessing risk if unsure

HELP THEM CONNECT



Help them connect with ongoing support:

- Lifeline
- Mental Health Professional
- Community Resources
- Family, Friends

Work with them to develop a safety plan

FOLLOW UP



- Call, text, send a card
- Ask if there is more you can help with
- Helps continue to increase feelings of connectedness

Crisis De-Escalation

- 1. Manage Triggers**
- 2. Remain Cool, Calm, Collected**
- 3. Employ Empathy and Compassion**
- 4. Manage Non-Verbal Messages**
- 5. Know What You Don't Know**
- 6. Look Beyond the Behavior to the Emotional Source of the Crisis**
- 7. Honor the Crisis Cycle**

6 Steps of Safety Planning

Step 1: Recognizing warning signs

Step 2: Using internal coping strategies

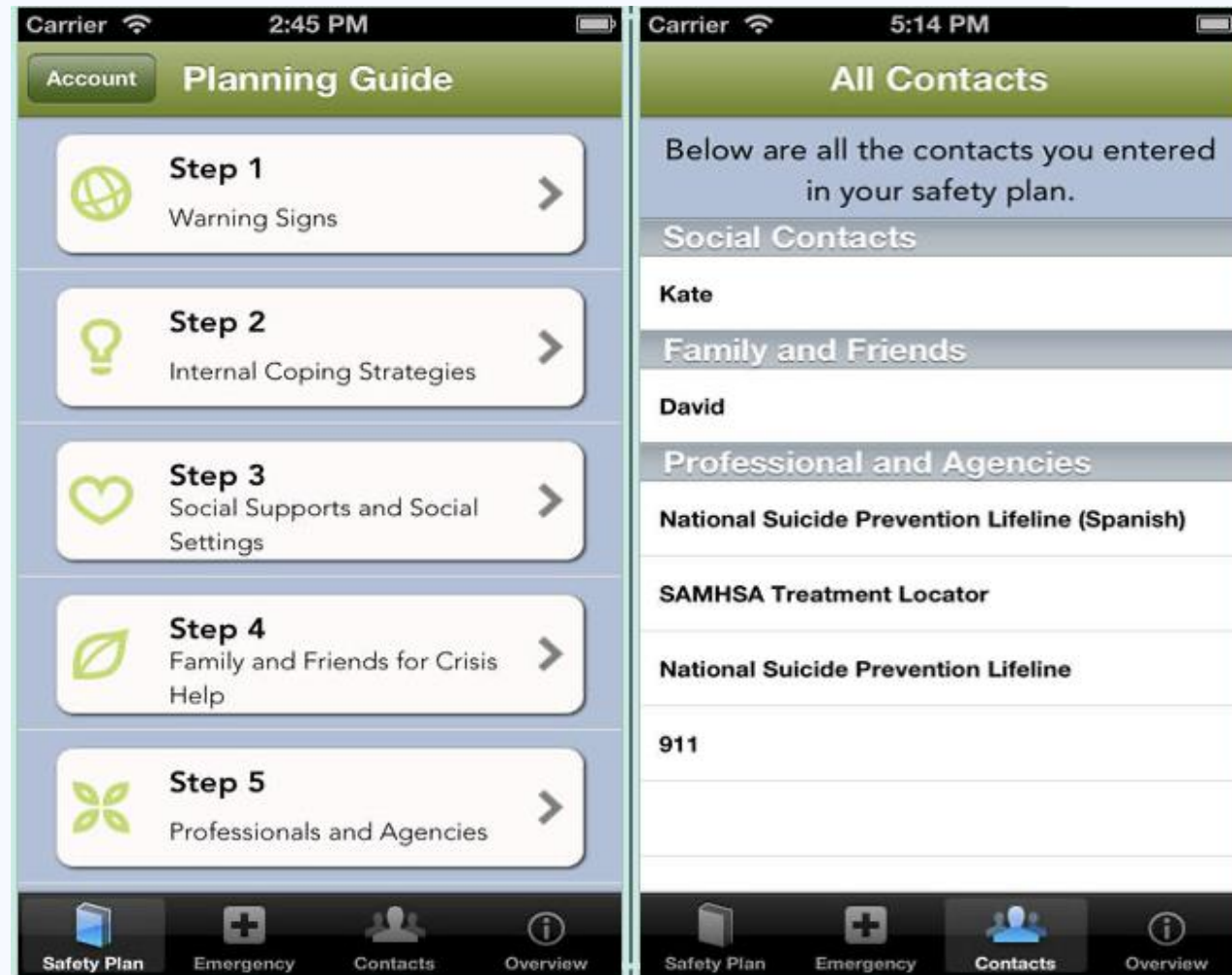
Step 3: Utilizing social contacts that can serve as a distraction from suicidal thoughts and who may offer support

Step 4: Contacting family members or friends who may offer help to resolve the crisis

Step 5: Contacting professionals and agencies

Step 6: Reducing the potential for use of lethal means

SAFETY PLAN APP



MY3 App



Create your support system.

Add the contact information of the 3 people you feel you would like to talk to when you are having thoughts of suicide.



Build your safety plan.

Customize your safety plan by identifying your personal warning signs, coping strategies, distractions and personal networks. This safety plan will be with you at all times and can help you stay safe when you start thinking about suicide. Learn more about [safety planning](#).



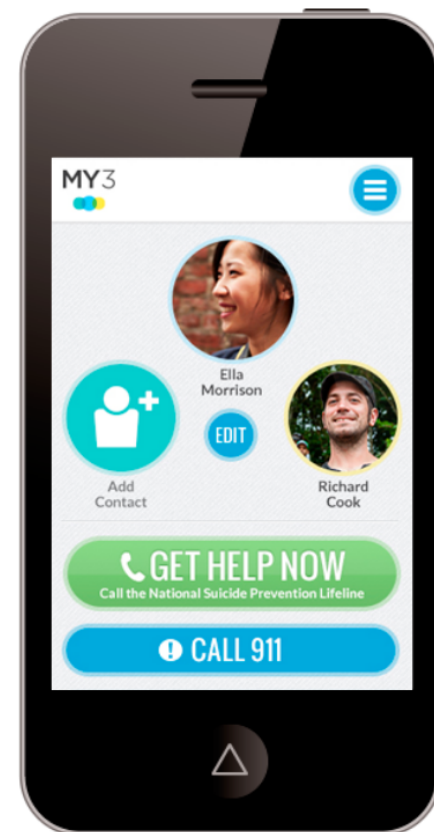
Access Important Resources.

Hold all your resources in the palm of your hand. Whether you're a veteran, want support from your local community, or want to learn more about suicide prevention, pick the resources that best support you.



Get support at times of greatest risk.

When you're having thoughts of suicide and it feels like there's no hope in sight, find support at your fingertips at any time of the day.



Be Aware of the Do's...

- Be aware. Learn the warning signs.
- Get involved. Become available. Show interest and support.
- Ask if she or he is thinking about suicide.
- Be direct. Talk openly and freely about suicide.
- Be willing to listen. Allow expressions of feelings. Accept the feelings.
- Be non-judgmental. Don't debate whether suicide is right or wrong or feelings are good or bad.
- Offer hope that alternatives are available and take action.

...and the Don'ts

- Don't dare him or her to do it.
- Don't ask why. This encourages defensiveness.
- Offer empathy, not sympathy.
- Don't act shocked. This will put distance between you.
- Don't be sworn to secrecy. Seek support.
- Don't lecture on the value of life.

Understanding Suicidal Feelings

People having a crisis sometimes perceive their dilemma as inescapable and feel an utter loss of control. These are some of the feelings and thoughts people experience in crisis:

- Can't stop the pain
- Can't think clearly
- Can't make decisions
- Can't see any way out
- Can't sleep, eat or work
- Can't get out of depression
- Can't make the sadness go away
- Can't see a future without pain
- Can't see themselves as worthwhile
- Can't get someone's attention
- Can't seem to get control



Practice Active Listening

- Acknowledge the Speaker
- Respond Verbally
- Summarize What You Hear
- Look the Part

Examples of what to say...

“From what you’ve been saying, I’m really worried about you right now. Are you thinking about harming yourself in any way?”

“When you’re thinking about your situation, what thoughts are going through your head?”

“Are things so bad that you’ve thought about hurting yourself or ending your life?”

“I’m worried about you. What can I do to support you?”

“Sometimes when people talk about the feelings/situations you’ve been describing, they’re thinking about suicide. Are you?”

Therapies that Work

Dialectical Behavior Therapy (DBT)

Marsha M. Linehan

<http://behavioraltech.org/resources/whatisdbt.cfm>

Collaborative Assessment & Management of Suicidality (CAMS)

David Jobes

<http://www.dcoe.mil/content/Navigation/Documents/SPC2012/2012SPC-Jobes-CAMS.pdf>

Brief Cognitive Behavioral Therapy (BCBT)

Craig Bryan & David Rudd

http://www.texasuicideprevention.org/wp-content/uploads/2013/06/BCBT_workshop_slides.pdf

Cognitive Behavior Therapy (CBT)

Aaron Beck & Gregory Brown

<http://www.apa.org/pubs/books/4317169.aspx>

ASSIP

Konrad Michel

<https://www.amazon.com/Attempted-Suicide-Intervention-Program-Clinicians/dp/0889374767>

Common Emotions Experienced in Suicide Grief

- **Shock**
- Guilt
- Despair
- Stress
- Rejection
- Confusion
- Helplessness
- Denial
- **Anger**
- Disbelief
- **Sadness**
- Loneliness
- **Self-Blame**
- Depression
- Pain
- Shame
- Hopelessness
- Numbness
- Abandonment
- Anxiety

These feelings are normal reactions, and the expression of them is a natural part of grieving. Grief is different for everyone. There is no fixed schedule or one way to cope.

SELF-CARE & HELP SEEKING BEHAVIORS

- Ask for help
- Talk to others
- Get plenty of rest
- Drink plenty of water, avoid caffeine
- Do not use alcohol and other drugs
- Exercise
- Use relaxation skills
- Practice Self-Compassion



RESOURCES

988 Suicide & Crisis Lifeline



[GET HELP](#) [LEARN](#) [GET INVOLVED](#) [PROVIDERS & PROFESSIONALS](#)

English

988 [CHAT](#)



988 Suicide & Crisis Lifeline

We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.





For Help in Immediate Crisis

IF:

- Someone is threatening to hurt or kill themselves
- Someone is looking for ways to kill themselves: seeking access to pills, weapons or other means

Call 911 or seek immediate help

Useful Resources



National Action Alliance for Suicide Prevention

www.actionallianceforsuicideprevention.org/



American Association of Suicidology's Survivors' Support Group Directory

www.suicidology.org/web/guest/support-group-directory



AFSP American Foundation for Suicide Prevention

www.afsp.org/



IASP Suicide Survivor Organizations (listed by country)

www.iasp.info/resources/Postvention/National_Suicide_Survivor_Organizations/



Suicide Prevention Resource Center

www.sprc.org

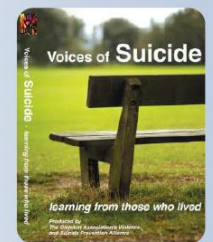
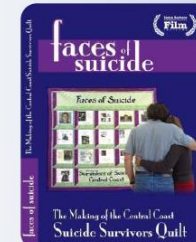
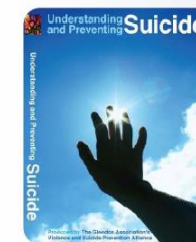
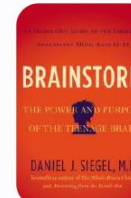
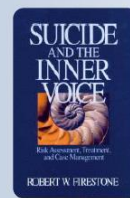
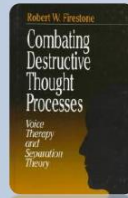


ZERO Suicide in Health and Behavioral Health Care

www.zerosuicide.sprc.org

OUR RESOURCES

Books



Films

Webinars

Live, archived, free, and CE Webinars can be watched at PsychAlive.org

Visit **www.PsychAlive.org**
for these resources and more

Upcoming Webinar

The Art of Wellness: Strategies to Maintain Your Mental Health

Date: October 6th, 2023

Time: 11AM-1PM PT

An interactive webinar with Dr. Lisa Firestone and suicide survivor and mental health advocate Kevin Hines.



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Questions?