

Suicide Prevention



*Presented by your
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Intern:*

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True or False?

Suicidal people want to die F

Suicidal behaviors represent 15% of the 15,000 fatal accidents that occur daily around the world T

Only the people with mental disorders commit suicide F

It is better to keep your suicidal thoughts in than to ask about them F

Suicide is usually preventable T

Most suicides happen around the winter time holiday season F



Facts on Suicide

- National Suicide Prevention Month is in September
- As of 2017, suicide has become the 10th leading cause of death across the life
 - On average, 1 person dies by suicide every 11 minutes in the US.
 - LGBTQ youth are almost 5 times more likely to attempt suicide
- A prior suicide attempt is the single most important risk factor for suicide in the general population.
 - Suicides are preventable!



American Foundation for Suicide Prevention

Suicide Statistics



While this data is the most accurate we have, we estimate the numbers to be higher. Stigma surrounding suicide leads to underreporting, and data collection methods critical to suicide prevention need to be improved. [Learn how you can become an advocate.](#)

Suicide is the
10th
leading cause of death in
the US

In 2018,
48,344
Americans died by suicide

In 2017, there were an
estimated
1,400,000
suicide attempts

In 2015, suicide and self-
injury cost the US
\$69 Billion



**Let's look at some
of the warning
signs and factors
behind suicide...**

SUICIDE WARNING SIGNS

TALK

Being a burden to others
Experiencing unbearable pain
Killing themselves
Having no reason to live
Feeling trapped

MOOD

Loss of interest
Irritability
Anxiety
Depression
Rage
Humiliation

BEHAVIOR

Increased use of alcohol or drugs
Acting recklessly
Isolating from family and friends
Sleeping too much or too little
Giving away prized possessions
Aggression
Withdrawing from activities
Looking for a way to kill themselves, such as searching online for materials or means
Visiting or calling people to say goodbye



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Suicide Prevention

Suicide WARNING SIGNS



Risk Factors

- Depression
- Bullying/harassment
- Low self esteem
- Relationship problems
- Mental illness
- Parental expectations
- Bullying due to sexual orientation
- Substance abuse or dependence
- Eating Disorders/disabilities
- Family history of suicide
- Self-mutilation
- Prior suicide attempt
- Situational crisis
- Athletes may be at increased risk due to injuries

Protective Factors

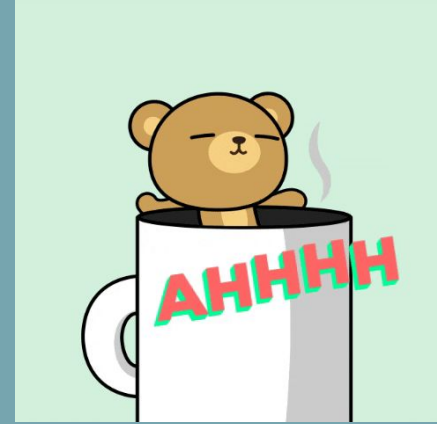
- Physical & mental health
- Supportive and caring family and friends
- Connectedness to community, school, family, friends
- Learned skills (such as problem-solving, conflict resolution, anger management, impulse control, etc.)
- Access to appropriate medical and mental health care
- Access to immediate & ongoing support and care

How can I cope with anxiety?

- Practice focused, deep breathing - Breathe in, breathe out
- Get enough sleep - 8 hours per night is recommended
- Write down your thoughts
- Focus on the good things
- Go for a walk
- Exercise daily
- Take a break - practice yoga, listen to music, meditate, anything that helps you clear your mind
- Talk to someone - friends or family or seek professional help

Self Wellness Tools & Healthy Outlets

- Journaling
- Healthy eating
- Meditation
- Exercise
- Learning to say no
- Discovering new hobbies
- Reward yourself
- Take breaks
- Keep a journal
- (Choose your own)



What are some methods you use to manage your self-wellness?

National Suicide Prevention Lifeline

1-800-273-8255

*Reach out if you or a loved one
needs help. Help is available.*

Resources

- Your support network includes **trusted adults and family members**.
- Your teachers, School Counselors, School Nurse, School Psychologist, and administrators are safe places to discuss concerns.
- Therapists from PUSD Mental Health assist Blair students with mental health issues. Any Blair staff member may refer you or you may self-refer by going to <https://www.pusd.us/domain/1327> or calling 626 396-5920.