



Suicide Prevention

Shannon Madsen - Outreach Coordinator/Hotline Counselor
Chris Nihil - Outreach Coordinator/Hotline Counselor

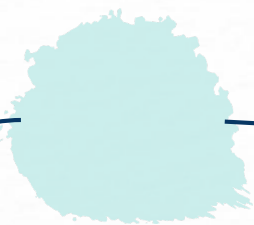
Talking About Suicide

- Suicide is difficult to talk about
- This presentation may be triggering
- Check in with yourself
- If your friend/loved one was suicidal would you want to know? How do you let them know it's ok to tell you about that

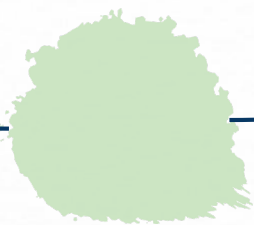
Myths about suicide



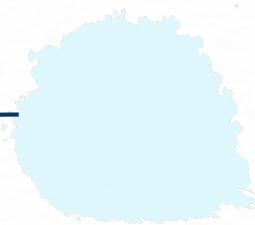
Asking someone
about suicide will
put the idea in
their head



People who talk
about suicide
won't do it/ they
just want
attention



Suicide happens
without warning



Only mentally ill
or depressed
people die by
suicide

Risk Factors

- Prior Attempt
- Self Harm
- Survivor of Suicide Loss
- Substance Misuse
- Chronic Mental Illness
- Social Isolation

Self Harm

- **Can look like:**
 - Cutting, scratching, burning, carving symbols or words,
 - piercing/puncturing the skin, hair pulling, picking at skin or
 - wounds, hitting or punching oneself

What to do

- Call/text a friend or crisis line
- Use replacement behaviors
- Get creative, go outside, move your body
- Know what triggers this behavior and get ahead of it

Signs

- Talking about wanting to die
- Giving away possessions
- Anger/ Irritability
- Reckless behavior
- Sleeping more or less
- Anxiety or agitation

Protective Factors

- Being able to talk about suicide
- Having trusted adults and strong caretaker relationships
- The ability to identify triggers and warning signs
- Hopes and goals; a sense of purpose
- Effective coping strategies, enjoyable activities
- Talking to a counselor or going to therapy
- Pets!



Being Direct

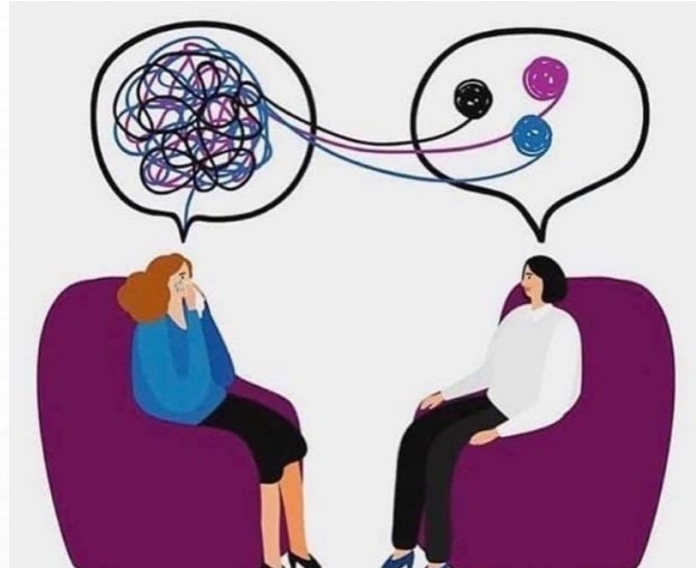
- Are you experiencing suicidal thoughts?
- Do you have a plan for how you would hurt yourself or end your life?
- Have you ever attempted suicide before?
- Means - do you have what you need to carry out your plan?
- Who can you talk to? (The answer is never no one)
- Safety plan

A note on grief

- Grief can also be a risk factor for suicide
- Grief can be overwhelming and confusing
- Like suicidal thoughts, thoughts of grief can be isolating
- Grief is complicated
- Call our 24/7 grief line to talk about it and explore your grief

Why does talking about suicide help?

- Talking about thoughts of suicide is the only way to face them and get help!
- It decreases fear, shame, and the pressure of carrying a secret



Who to call

National Suicide
Prevention Lifeline
988

800-273-8255 (TALK)

Marin Suicide Prevention
Line

855-587-6373

Northbay Suicide
Prevention Line

855-587-6373

Marin Grief Counseling

415-499-1195

Group Discussion

- When you're feeling down, what helps you?
- What is one warning sign?
- Check in with yourself, how did talking about this affect you?

Works Cited

Woodford, R., Spittal, M. J., Milner, A., McGill, K., Kapur, N., Pirkis, J., ... Carter, G. (2019). Accuracy of Clinician Predictions of Future Self-Harm: A Systematic

Review and Meta-Analysis of Predictive Studies. *Suicide and Life-Threatening Behavior*, 49(1), 23-40.

Ehlman DC, Yard E, Stone DM, Jones CM, Mack KA. Changes in Suicide Rates — United States,

2019 and 2020. *MMWR Morb Mortal Wkly Rep* 2022;71:306–312. DOI:

<http://dx.doi.org/10.15585/mmwr.mm7108a5>

<https://www.cdc.gov/suicide/factors/index.html>

<https://www.crisistextline.org/topics/self-harm/#how-to-deal-with-self-harm-4>

[https://www.nimh.nih.gov/health/statistics/suicide#:~:text=Suicide%20is%20a%20Leading%20Cause%20of%20Death%20in%20the%20United%20States,-According%20to%20the&text=There%20were%20nearly%20two%20and,there%20were%20homicides%20\(19%2C141\).](https://www.nimh.nih.gov/health/statistics/suicide#:~:text=Suicide%20is%20a%20Leading%20Cause%20of%20Death%20in%20the%20United%20States,-According%20to%20the&text=There%20were%20nearly%20two%20and,there%20were%20homicides%20(19%2C141).)