

Suicide Awareness and Prevention

A presentation delivered to you on behalf of Carelon Behavioral Health

We recognize the sensitive nature of today's topic on suicide prevention and assure you that we will approach it with the utmost care and respect.

If at any point during the webinar you experience overwhelming emotions or thoughts, we encourage you to reach out to a trusted support person or professional to discuss your feelings.

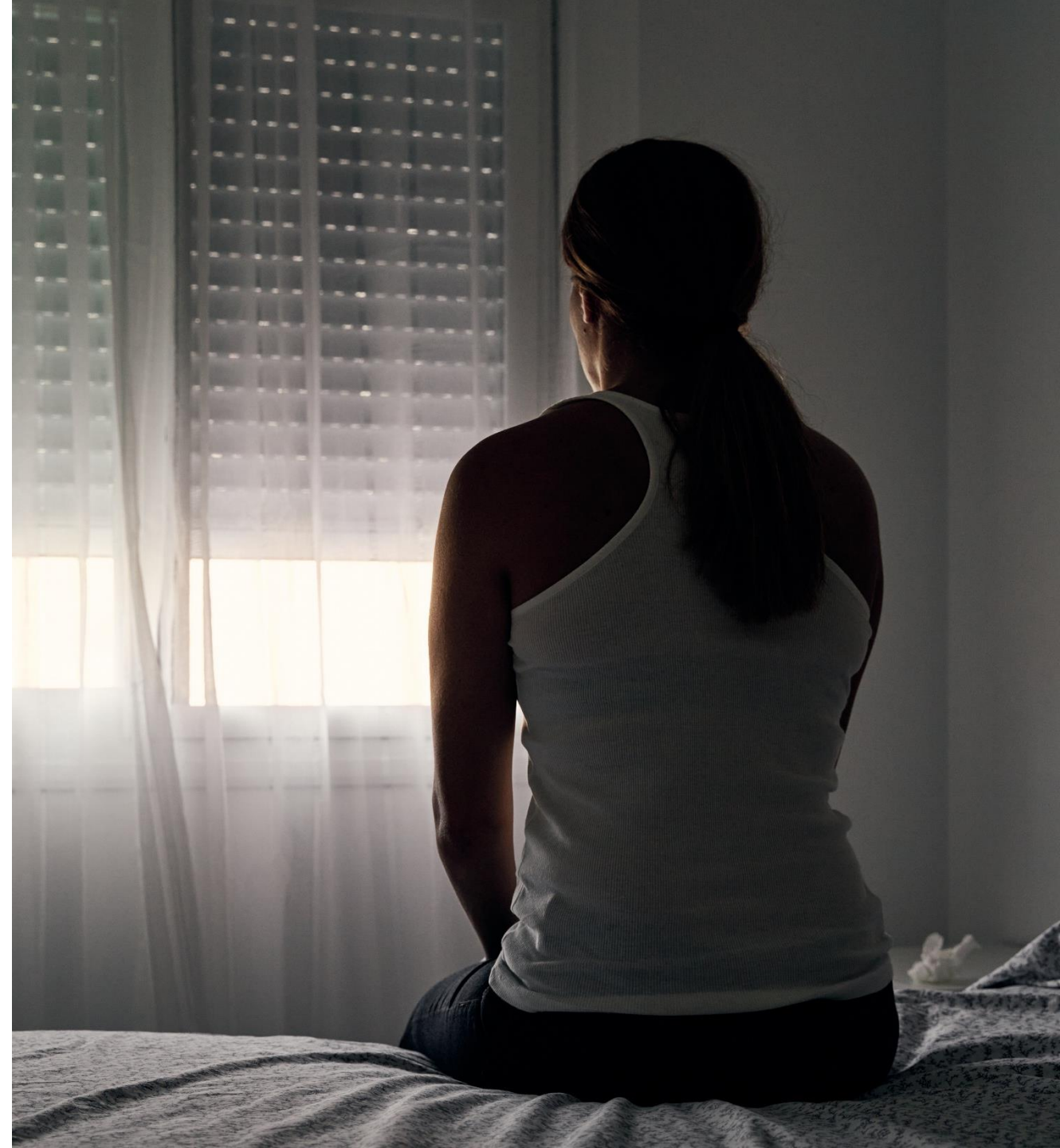
Remember, support is always available, and prioritizing your well-being is essential.

Alarming Trends

- In 2023, more than 49,300 people died by suicide in the United States.
- Suicide is the 11th leading cause of death overall.
- It is a leading cause of death among younger populations, including:
 - 2nd for ages 10–14, 15–24, and 25–44
- After declining briefly from 2018–2020, suicide rates increased again and remain high.



SOURCE: CDC, most recent final national data



Suicide Risk Factors

Individual Factors:

- Depression, anxiety, and other mental health conditions
- Substance and alcohol use disorders
- Prior suicide attempt
- Family history of suicide or mental health conditions
- Stigma or reluctance to ask for help
- Exposure to suicidal behavior of others

Environmental & Situational Factors:

- Family violence, including physical or sexual abuse
- Extremely stressful life events
- Availability of firearms or prescription medications
- Immediately following discharge from inpatient psychiatric care



Groups at Higher Risk for Suicide

- Suicide rates vary by race, ethnicity, age, and population factors. It is a leading cause of death across all ages, notably
 - 2nd for ages 10-34
 - 4th for ages 35-54
 - 8th for ages 55-64
- Populations disproportionately affected include veterans, military personnel, the LGBTQ community, and bullied teenagers



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Suicide Prevention

Preventing suicide is everyone's business!

As members of a family, a school, a business, neighbors in a community, faith communities, friends, and the government, we all need to work together to solve this problem.

We simply can no longer allow those we live, work, and play with to believe that suicide is the only solution, even in the worst of times. Learning to be attuned to those around us. Learning to ask and talk about challenging topics

Warning Signs

- Expressions of suicidal thoughts or self-harm
- Obsession with death, including writing about it
- Sudden changes in personality, behavior, eating, or sleeping patterns
- Persistent guilt or hopelessness, lacking purpose in life
- Decline in academic or work performance
- Extended periods of low mood or "blues"
- Reckless behavior



Suicide Prevention: What You Should Do

- Recognize warning signs and express care, emphasizing available help.
- Listen actively and without judgment.
- Foster a supportive, harmonious work culture with healthy relationships.
- Consult HR, alert security, and contact the EAP if concerned about a colleague.
- When feasible, help reduce access to potential means and escalate concerns to appropriate professionals.



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Suicide Prevention: What NOT to Do

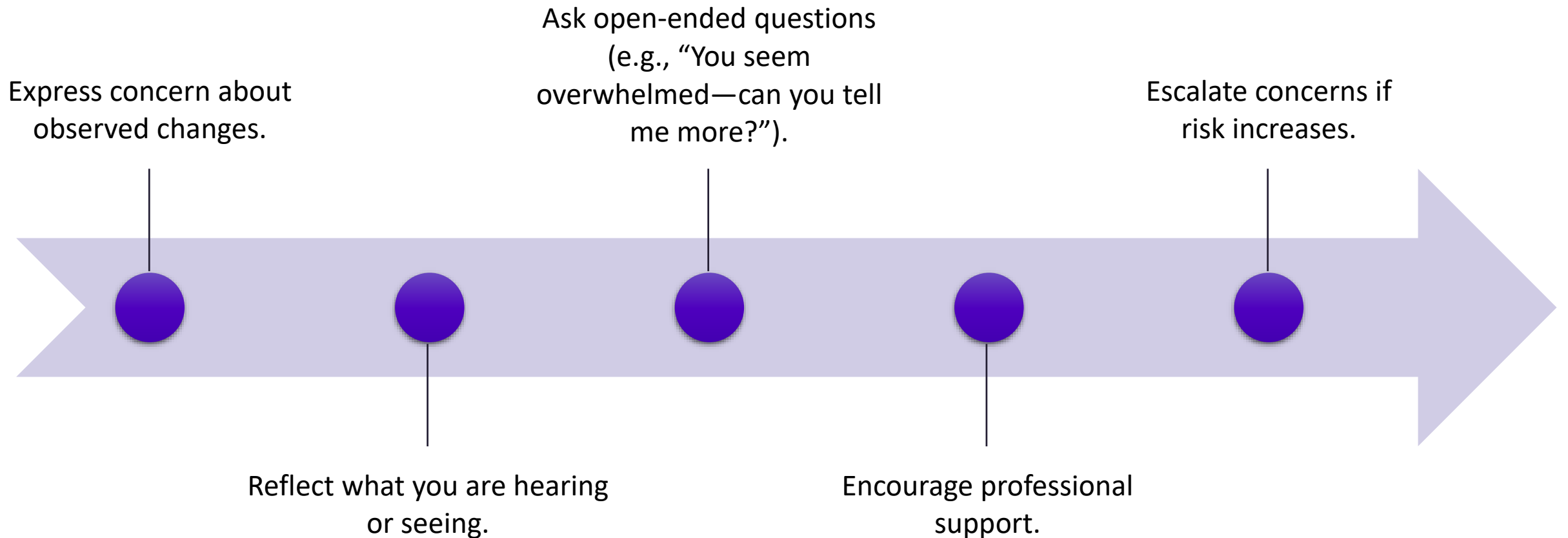
- Don't dismiss or minimize threats.
- Don't overreact or express shock.
- Don't preach, moralize, or offer platitudes.
- Don't argue or give pep talks.
- Don't ignore suicidal comments - take them seriously.
- Don't promise confidentiality if safety is a concern.
- Don't overstep boundaries—seek professional help.



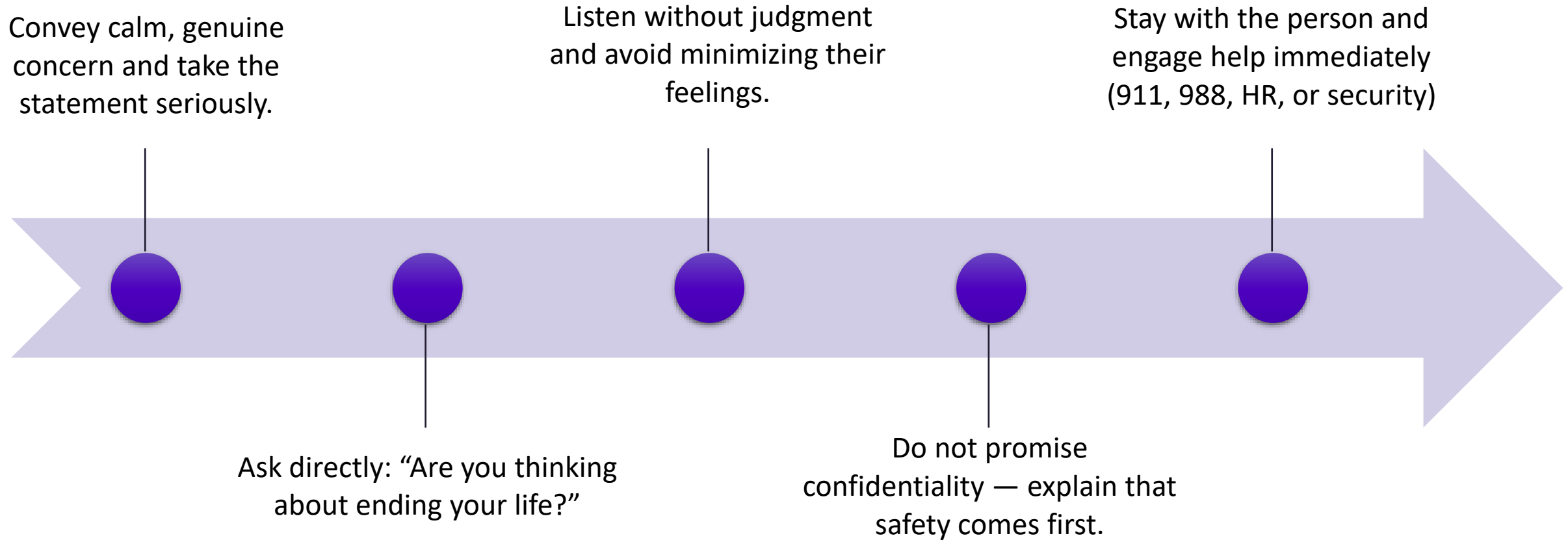
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Responding to an Indirect Threat



Responding to a Direct Statement/Threat



Seek Help

Seek immediate help by calling **911 or 988** when you hear or see any one of these behaviors:

- Threatening self-harm or suicide
- Seeking means to end their life, such as pills or weapons
- Talking or writing about death, dying, or suicide
- Having a detailed self-harm plan



Suicide & Crisis Prevention Lifeline

The Lifeline is a free, confidential 24-hour hotline available to anyone in suicidal crisis or emotional distress.

Seek help by contacting 988 (call or text)

You can also go to 988lifeline.org for more information.



Contact Your EAP

*Confirm available EAP benefits with your district's benefits department.

- Many school district benefit administrators offer confidential EAP services for employees and household members.
- Services may include counseling, stress and resilience support, referrals, and phone or virtual access.
- Benefit limits and available services vary by plan.



Thank you!



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