

SUICIDE PREVENTION

Inside This Toolkit

NATIONAL SUICIDE
PREVENTION WEEK
INFORMATION

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EVENTS AROUND
CALIFORNIA



Suicide Prevention & Awareness

SUICIDE STATISTICS

- Each year 44,965 people in the US die by suicide
- On average a person dies by suicide **every 2 hours in California** - this is more than twice the number that die by homicide annually
- Suicide is the 10th leading cause of death in the US (11th in CA)
- Men are 3.53X more likely to commit suicide than females
- 51% of suicides by firearms
- 1/3 of all suicides occur under the influence of alcohol
- For every completed suicide there are an estimated 25 attempts

EVERYONE PLAYS A PART IN SUICIDE PREVENTION

- Helping a person at risk connect to a support system can reduce feelings of hopelessness and give them the people and resources to reach out to for help
 - Being aware of the warning signs of suicidal behaviors
 - Act against injustice, break the stigma
 - Give a voice to those who have been silenced
- <https://www.livethroughthis.org>

WHAT ARE THE ROLES OF HEALTHCARE PROVIDERS?

- Establish protocols for screening, assessment, intervention, and referral
- Create agreements with specific behavioral health practices that will take referrals
- Train all staff in suicide care practices and protocols, including safety planning and lethal means counseling

WARNING SIGNS

- Talks about killing themselves
- Talks about feeling hopeless
- Isolating from family and friends
- Withdrawing from activities
- Depression
- Irritability



RISK FACTORS

- Substance use problems
- Personality traits of aggression, mood changes and poor relationships
- Stressful life events, like rejection, divorce, financial crisis, other life transitions or loss
- Prolonged stress, such as harassment, bullying, relationship problems or unemployment
- Family history of suicide
- Childhood abuse, neglect or trauma



SUICIDE STIGMAS

- People with depression thinking of suicide are weak
- Suicidal people are shameful, sinful, weak, selfish, manipulative
- People troubled by thoughts is afraid to seek treatment
- Feeling shame for people to know
- thinking it may affect employment and other areas of their life



Resources and Information

TRAINING RESOURCES

- QPR Institute <https://qprinstitute.com>
- Living works <https://www.livingworks.net>
- California Department of Health Care Services <http://www.dhcs.ca.gov/services/MH/Pages/PEI-TrainingOpportunities.aspx>

TREATMENT

- Treatment of suicidal thoughts and behavior depends on an individual's specific situation, including the level of suicide risk and what underlying problems may be causing suicidal thoughts or behaviors
- Psychological counseling
- Medications
- Family support and education

CALIFORNIA AND NATIONAL RESOURCES

- Suicide Prevention Resource Center <https://www.sprc.org/states/california>
- California Mental Health Services Authority <https://calmhsa.org>
- Zero Suicide <https://zerosuicide.sprc.org>
- National Action Alliance for Suicide Prevention <http://actionallianceforsuicideprevention.org>

National Suicide Prevention week is September 8th-14th, 2019 surrounding World Suicide Prevention Day September 10th. We encourage you to host a Suicide Prevention Walk, provide information to your fellow members, or attend one of the events in California to show your support and learn more.

Events Around California

Northern:

09/07/19 - Redding
09/14/19 - Modesto
09/21/19 - San Francisco
09/28/19 - Sacramento

Central:

10/05/19 - Fresno
10/26/19 - Bakersfield

Southern:

09/08/19 - Santa Barbara
10/27/19 - San Diego

Click [HERE](#) for additional information on these events and more!