

# SUICIDE PREVENTION

WARNING SIGNS

RISK FACTORS

TALK ABOUT IT

GET HELP

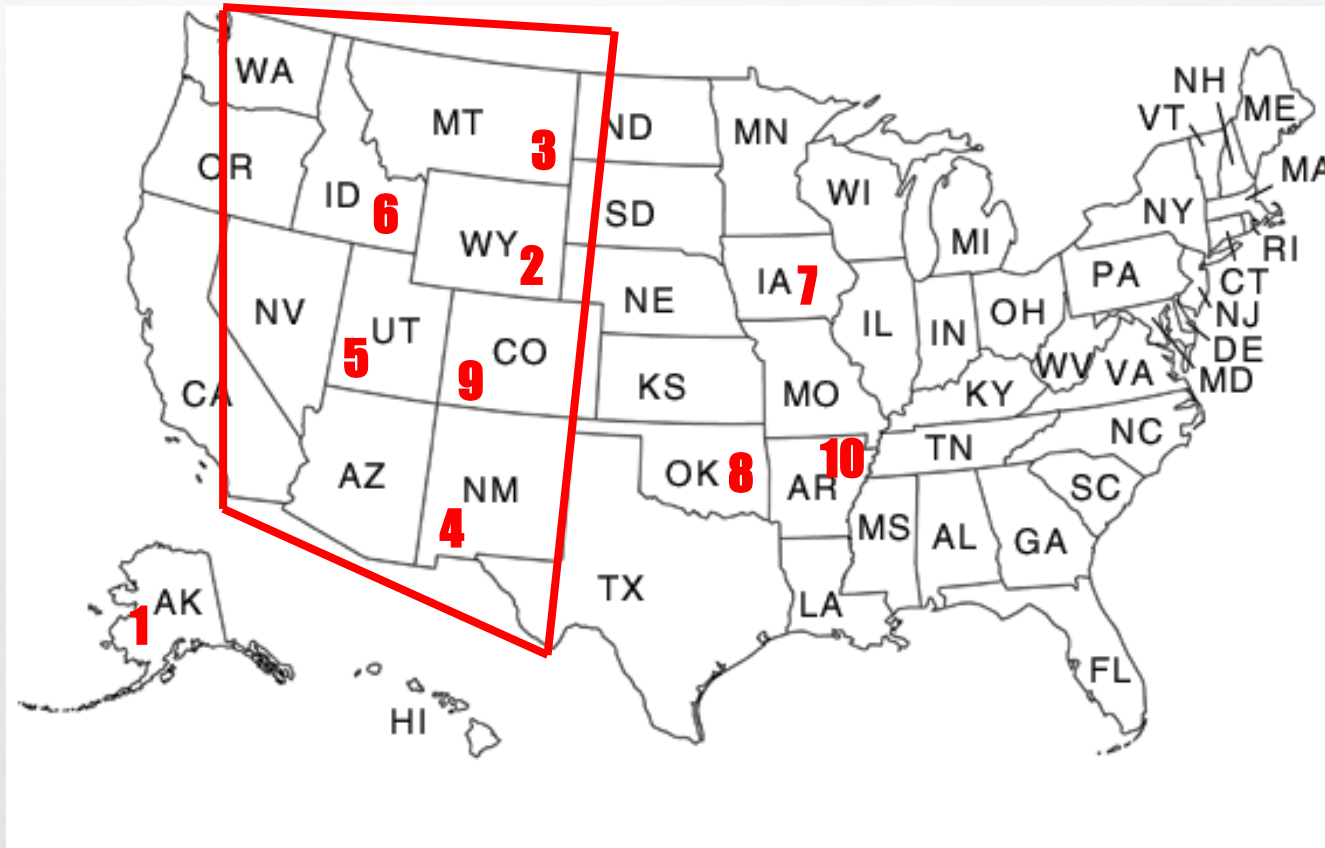
PROTECTIVE FACTORS

# **SUICIDE QUIZ**

**WHAT DO YOU KNOW ABOUT SUICIDE?**

- **[HTTPS://WWW.BEFRIENDERS.ORG/  
SUICIDE-MYTHS](https://www.befrienders.org/suicide-myths)**

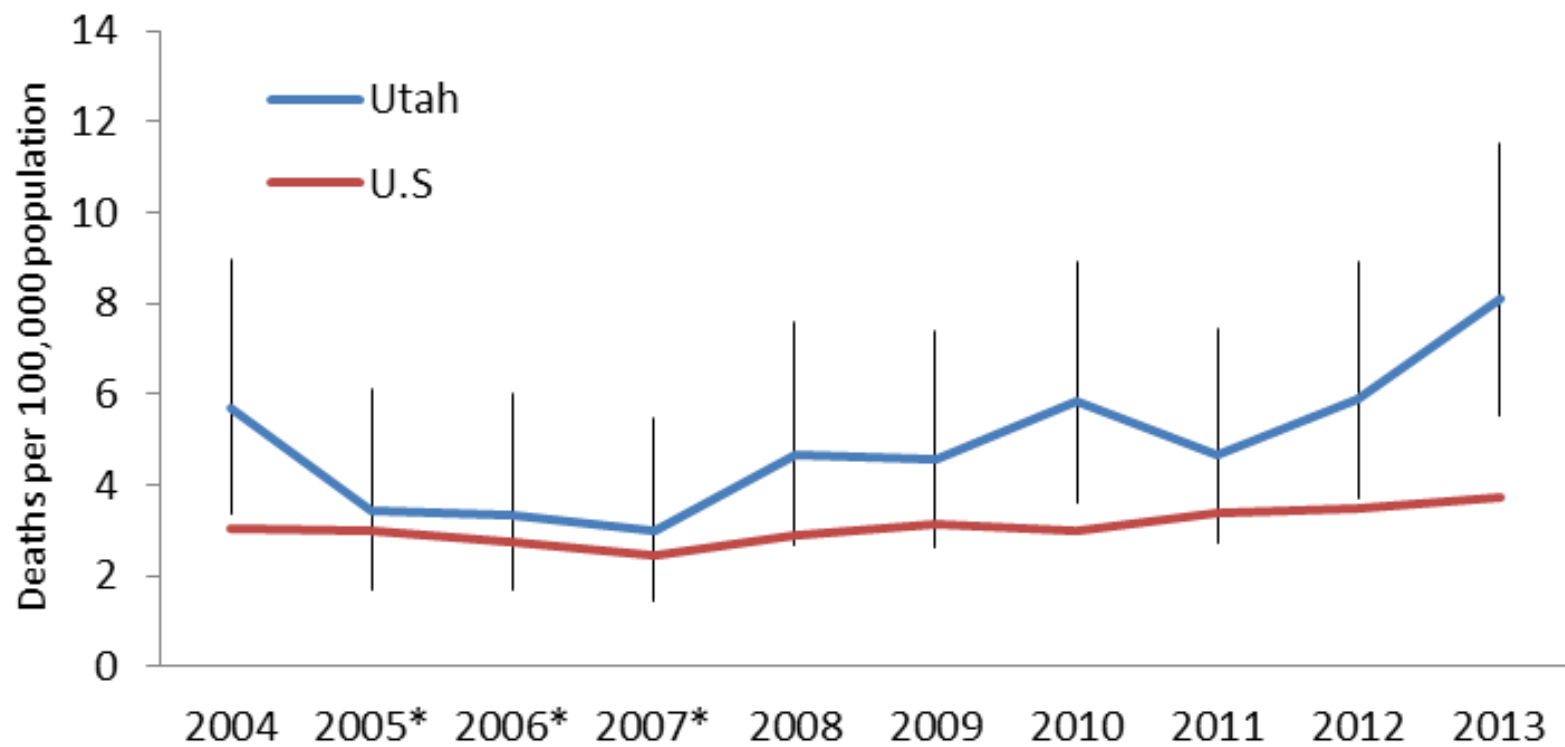
# UTAH RANKS 5<sup>TH</sup> IN THE NATION



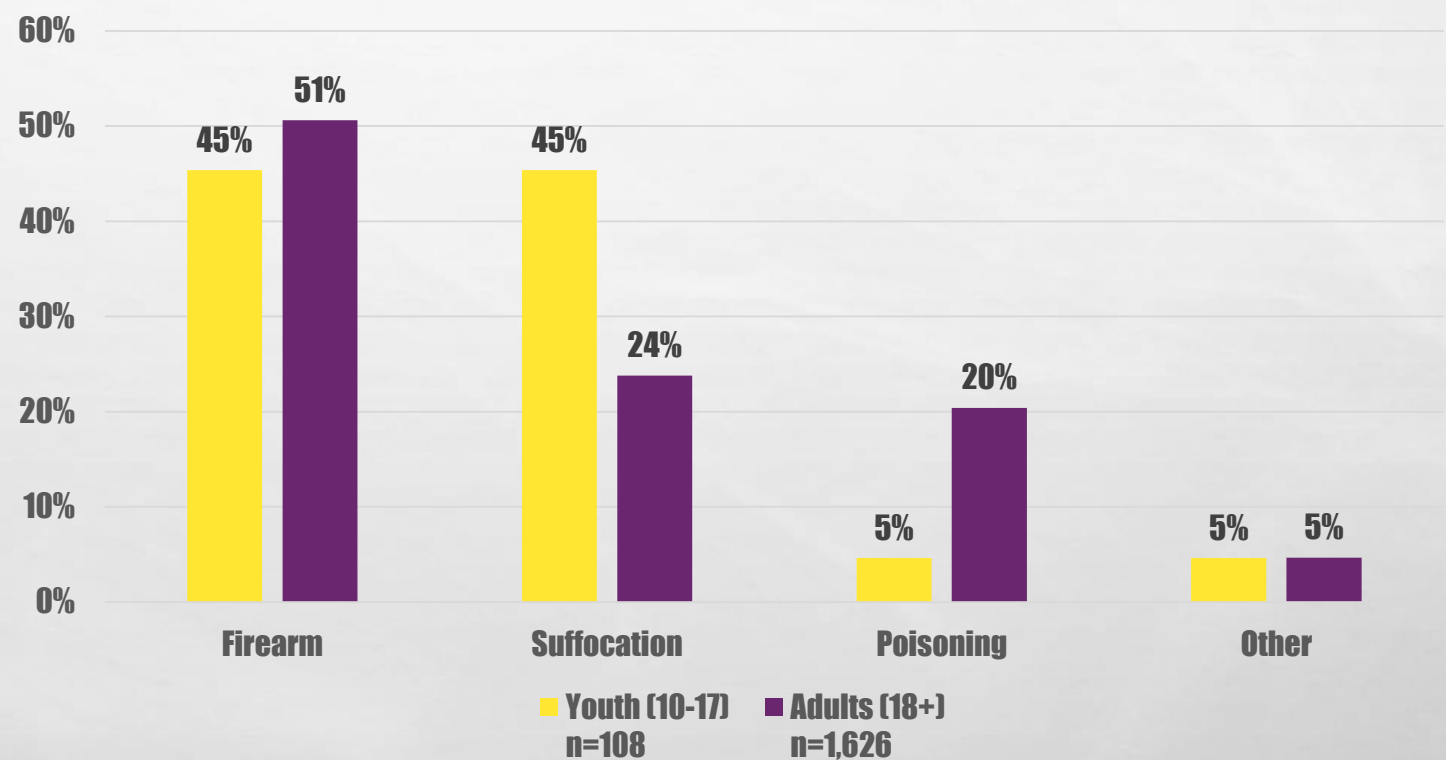
Data Source: WISQARS 2014 Suicide Fatality Rates ages 10+

# UTAH AND U.S. YOUTH SUICIDE TRENDS

**Suicide rates among youth ages 10-17,  
Utah and the U.S., 2004-2013**



# PERCENT OF SUICIDES BY AGE GROUP AND METHOD OF INJURY, UTAH 2013-2015



Data Source: Utah Death Certificate Database, Utah Department of Health

# THREE THINGS TO ELIMINATE

- **NO OR LITTLE BELONGING**
- **BURDENSOMENESS**
- **FEARLESSNESS**

# WARNING SIGNS

- **TALKING ABOUT WANTING TO DIE OR KILLING THEMSELVES**
- **LOOKING FOR A WAY TO KILL THEMSELVES, SUCH AS SEARCHING ONLINE OR BUYING A WEAPON**
- **TALKING ABOUT FEELING HOPELESS OR HAVING NO REASON TO LIVE**
- **TALKING ABOUT FEELING TRAPPED OR IN UNBEARABLE PAIN**
- **TALKING ABOUT BEING A BURDEN TO OTHERS**
- **SLEEPING TOO LITTLE OR TOO MUCH**

# WARNING SIGNS

- **INCREASING THEIR USE OF ALCOHOL OR DRUGS**
- **GIVING AWAY PERSONAL ITEMS FOR NO REASON**
- **ACTING ANXIOUS OR AGITATED OR BEHAVING RECKLESSLY**
- **WITHDRAWING OR ISOLATING THEMSELVES**
- **SHOWING RAGE OR TALKING ABOUT SEEKING REVENGE**
- **DISPLAYING EXTREME MOOD SWINGS**

# SITUATIONAL **RISK** FACTOR

- **IS THERE A CURRENT DIAGNOSIS (E.G. BIPOLAR, SCHIZOPHRENIA) THAT IS PREVENTING A PERSON FROM HAVING CLEAR THOUGHT AND SAFE JUDGMENT?**
- **ACCESS TO A WEAPON OR MEANS TO END LIFE**
- **CURRENT OR PAST PHYSICAL, SEXUAL, OR EMOTIONAL ABUSE**
- **RECENT LOSS, OR THE ANNIVERSARY OF A SIGNIFICANT LOSS (E.G. JOB, DEATH, A DREAM)**
- **WORSENING OR BEGINNING OF A CHRONIC MEDICAL CONDITION**

# SITUATIONAL **RISK** FACTOR

- **FAMILY HISTORY OF SUICIDE**
- **SUICIDE ATTEMPTS IN THE PAST**
- **HOW LIKELY LETHAL PAST ATTEMPTS COULD HAVE BEEN**
- **RECENT DISCHARGE FROM A PSYCHIATRIC FACILITY**
- **SUBSTANCE USE (RECENT) OR CURRENT INTOXICATION**
- **CURRENT IMPULSIVITY**
- **ISOLATION OR LACK OF A SOCIAL NETWORK OR CLOSE FRIENDS/FAMILY**
- **CURRENT DESIRE TO KILL SELF**

# *TALK ABOUT IT*

- TALK IN A PRIVATE SETTING-LIMIT DISTRACTIONS
- ALLOW THE PERSON TO TALK FREELY-LISTEN
- EXPRESS CARING AND CONCERN
- GIVE YOURSELF PLENTY OF TIME
- HAVE YOUR RESOURCES HANDY
- BUILD RAPPORT OF TRUST
- NORMALIZE
- LOOK FOR “HOOKS”- THINGS THEY WOULD WANT TO STAY ALIVE FOR
- BE PERSISTENT

# *TALK ABOUT IT*

- START BY EXPRESSING THINGS YOU HAVE NOTICED ABOUT THE PERSON RECENTLY. *“YOU SEEM SO SAD LATELY.”*
- CONTINUE WITH ASKING IF THEY HAVE BEEN THINKING ABOUT SUICIDE. *“HAVE YOU HAD ANY THOUGHTS ABOUT SUICIDE?”*

# SUGGESTED FOLLOW UP QUESTIONS:

- HAVE YOU THOUGHT ABOUT *HOW* YOU WOULD END YOUR LIFE?
- DO YOU HAVE ACCESS TO (WHATEVER MEANS THEY TOLD YOU THEY WERE CONSIDERING USING)?
- WHEN WERE YOU PLANNING ON USING (THE MEANS)?
- WHAT DO WE NEED TO DO TODAY TO KEEP YOU SAFE?

# TALK ABOUT IT: WHAT *NOT* TO SAY

- Damaging Phrases:

- “Calm down”
- “You should”
- “Why are you...?”
- “I understand”
- “You don’t meant that” or “Don’t say that”
- “You have so much to live for”
- “Things could be worse”
- “Suicide is selfish” or “It’s the easy way out.”
- “You will get over it.”
- “Are you doing this for attention”
- “You aren’t suicidal are you?”
- “Don’t do anything stupid.”

- Do not ask questions that interrogate.

# GET HELP

- **CONVINCE THE INDIVIDUAL TO GET HELP**
- **OFFER HOPE IN ANY FORM**
- **TAP INTO ANY AMBIVALENCE**
- **DO NOT LEAVE THEM ALONE**
- **OFFER TO GO WITH**
- **ASK WHO THE INDIVIDUAL IS MOST COMFORTABLE TO GET THEM HELP**
- **GET OTHERS INVOLVED- (FAMILY, CLOSE FRIEND, CHURCH LEADER)**
- **HELP = CRISIS LINE CALL, TRIP TO ER, CALL TO 911**

# **BUILDING PROTECTIVE FACTORS & RESILIENCE**

- **SOCIAL SUPPORT/CONNECTEDNESS**
- **FAMILY SUPPORT**
- **RESTRICTED ACCESS TO MEANS**
- **EFFECTIVE AND EASY ACCESS TO CLINICAL ASSISTANCE**
- **GOOD HEALTH**
- **SKILLS IN PROBLEM SOLVING**
- **RELIGIOUS CONNECTION THAT PROHIBIT SUICIDE**
- **COPING WITH A NEGATIVE EVENT IN A POSITIVE WAY**

# THINGS TO REMEMBER:

- **MEET THE PERSON WHERE THEY ARE, WITH LOVE AND UNDERSTANDING**
- **THOSE IN CRISIS LOW RATIONAL THINKING- IN HIGHLY EMOTIONAL STATE.**
- **TO DIFFUSE SOMEONE IN CRISIS – GET ENGAGED IN A CONVERSATION ABOUT THEMSELVES AND THE PEOPLE/THINGS THAT MATTER THE MOST TO THEM.**
- **TIME – ALLOWS THEM TO GET OUT OF THE HIGH EMOTIONAL STATE.**
- **TAKE ALL SIGNS SERIOUSLY!**

# WHEN IN DOUBT, ASK FOR HELP!



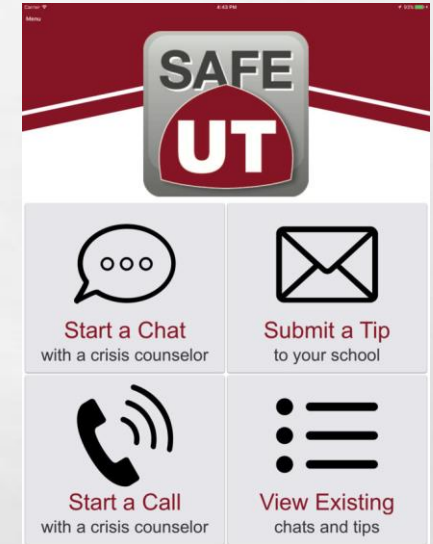
SAFE UT- DOWNLOADABLE APP (APP STORE)  
1-800-273-8255 (CALL OR TEXT)

SUICIDE PREVENTION HOTLINE (24 HRS.)  
1-800-273-TALK (8255)

DAVIS COUNTY MOBILE CRISIS TEAM (24 HRS)  
801-773-7060

NAMI UT = WWW.NAMIUT.ORG  
801-323-9900

WEBER HUMAN SERVICES (24 HRS.)  
801-625-3700



# RESOURCES:

- [HTTPS://WWW.MAYOCLINIC.ORG/DISEASES-CONDITIONS/SUICIDE/IN-DEPTH/SUICIDE/ART-20044707](https://www.mayoclinic.org/diseases-conditions/suicide/in-depth/suicide/art-20044707)
- [HTTPS://SUICIDEPREVENTIONLIFELINE.ORG/](https://suicidepreventionlifeline.org/)
- [HTTPS://WWW.SPEAKINGOFSUICIDE.COM/2015/03/03/WHAT-NOT-TO-SAY/](https://www.speakingofsuicide.com/2015/03/03/what-not-to-say/)
- [HTTPS://THEMIGHTY.COM/2017/08/WHAT-TO-SAY-SOMEONE-FEELING-SUICIDAL/](https://themighty.com/2017/08/what-to-say-someone-feeling-suicidal/)
- [HTTPS://WWW.LDS.ORG/GET-HELP/SUICIDE/HOW-DO-I-KNOW-WHEN-TO-TAKE-A-SUICIDE-THREAT-SERIOUSLY?LANG=ENG](https://www.lds.org/get-help/suicide/how-do-i-know-when-to-take-a-suicide-threat-seriously?lang=eng)
- [HTTPS://NUHOPEUTAH.ORG/](https://nuhopeutah.org/)