


We Can't Prevent Suicide Until We Talk About It


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We Can't Prevent Suicide Until We Talk About It

Objectives:
By the end of this session you will be able to:

1. Dispel the myths that silence us
2. Take steps toward prevention
3. Name resources




What Gets In Our Way?

Myths...



Prevention

What do we look for when someone is thinking about suicide?




Warning Signs - Immediate Risk

- Threatening to hurt or kill oneself
- Seeking a means to kill oneself
- Talking or writing about death, dying, or suicide.



Warning Signs - Seek Help

- Hopelessness
- Rage, anger, seeking revenge
- Recklessness
- Increased use of alcohol or drugs
- Dramatic mood changes



What Can We Do?

Ask The Question:

“Are you thinking about suicide?”

“Are you thinking about killing yourself?”



What Can We Do?

In a crisis – Get Help!

- 911
- 1-800-273-TALK (1-800-273-8255)
- School Counselor
- County Crisis Lines
- Local Resources



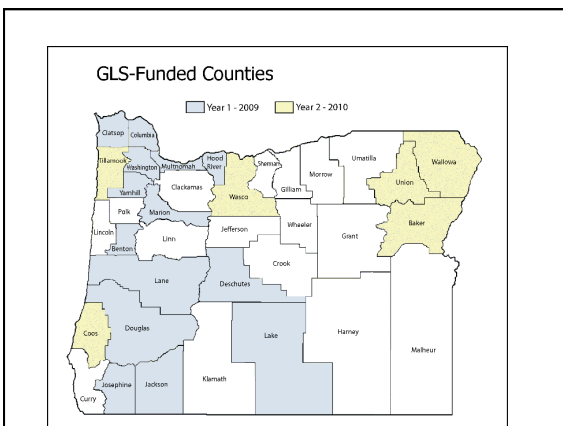
Suicide Is Preventable

- Applied Suicide Intervention Skills Training (ASIST)
- QPR (Question, Persuade, Refer)
- RESPONSE – school based
- Screening (primary care, A&D treatment, juvenile justice, schools)
- Bereavement Support



RESPONSE

- Comprehensive, high-school based
- Administrative procedures/guidelines
- 2 ASIST-Trained persons
- All staff trained in basic signs, actions
- Students – 4 lessons



Colleges and Universities

Ulifeline: www.ulifeline.org/
 Oregon College & University Suicide Prevention Project (OCUSPP)
 Jed Foundation: www.jedfoundation.org
 Kognito: www.kognito.com/about/
 SPRC resources



Resources

– 1-800-273-TALK – National Suicide Prevention Lifeline



Resources

– Oregon County Crisis Lines

<http://public.health.oregon.gov/PreventionWellness/SafeLiving/SuicidePrevention/Pages/cntymap.aspx>



School Resources

- RESPONSE – www.oregon.gov/DHS/ph/ipe/yvsp/response.shtml
- TeenScreen: www.teenscreen.org/cms/content/view/107/139/
- YSP School-Based Guide: <http://theguide.fmhi.usf.edu/>



School Resources

www.sprc.org:

- After a Suicide: A Tool Kit for Schools
- Best Practice List
- LGBT toolkit
- Customized information



Resources

– The Trevor Project - LGBT Youth
www.thetrevorproject.org



Resources

<http://us.reachout.com>

 **mindyourmind.ca**
reach out get help give help



State Resources - Health Division

- Youth Suicide Prevention pages:
www.oregon.gov/DHS/ph/ipe/ysp
- Data & Reports
www.oregon.gov/DHS/ph/ipe/index.shtml
 - Reports: Attempts, Injuries, Suicides, Violent Death Reporting System
 - Epidemiologist: xun.shen@state.or.us
 - Oregon Healthy Teen Survey data:
www.dhs.state.or.us/dhs/ph/chs/youthsurvey/index.shtml



National Resources



www.sprc.org



National Resources



www.suicidology.org



www.afsp.org



Thank you!

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