

TALK SAVES LIVES

An introduction to suicide prevention

Suicide is a health issue

Suicide can be prevented

How we talk about suicide matters

1. Scope of the problems
 - a. 800,000
 - b. Someone dies every 40 seconds
 - c. For every suicide 25 others attempt
 - d. Suicide impacts individuals and communities
2. Research
 - a. Why do people take their own lives?
 - i. The large majority of people who die by suicide have a mental health condition contributing to their death
 - ii. 1 in 4 people will experience a mental health condition, and most do not go on to die by suicide.
 - b. Physical Differences
 - i. Most people who are suicidal are ambivalent about taking their life.
 - ii. The perspective of a suicidal person
 - c. Who is at risk
 - d. Risk factors
 - i. Health Factors
 - ii. Historical facts
 - iii. Environmental Factors
 - iv. What others see
 - v. The importance of research
3. Prevention
 - a. Protective Factors
 - i. Mental health care is an important ingredient for preventing suicide
 - ii. We need a culture where everyone knows to be smart about mental health
 - b. Being proactive about mental health
 - i. The law requires insurance plans to cover mental services the same as physical health services.
 - c. Self-care strengthens mental health
 - d. Support for loss survivors and those with lived experience
 - e. The most important thing you can put between a suicidal person and their way of ending their life is, time.
 - f. Limiting access to means prevents suicide
 - i. Limiting access to means

4. What you can do
 - a. Have a conversation
 - i. Watch for warning signs
 - ii. Reach out
 - iii. Seek help
 - b. Suicide warning signs
 - i. Talk
 - ii. Behavior
 - iii. Mood
 - iv. Trust your gut
 - c. How to reach out
 - i. Avoid minimizing their feelings
 - ii. Avoid trying to convince them life is worth living
 - iii. Avoid advice to fix it
 - d. If you think they might make an attempt soon:
 - i. Stay with them
 - ii. Helm them secure or remove lethal means
 - iii. Escort them to mental health services
 - e. Suicide prevention lifeline
 - i. Call 1800-273-TALK
 - f. Crisis Text Line
 - i. Text TALK to 741741
 - g. For emergencies call 911
 - h. We can create a culture that's smart about mental health and suicide prevention
 - i. Help us improve our program by completing the feedback form
 - j. afspnational
 - k. QR code