



Suicide Facts

An Overview

Suicide Facts

- Each year 44,965 Americans die by suicide, roughly 123 per day.
- For every completion, there were 25 attempts. In 2016- 494,169 were hospitalized for self harm.
- Men are almost 4 times as likely to die by suicide than women, but women are twice as likely to attempt.

Suicide Facts

- Suicide is considered to be the second leading cause of death among college students
- Suicide is the second leading cause of death for people aged 24-35
- Suicide is the third leading cause of death for people aged 15-24

Suicide Facts

- Suicide Is Not Always Predictable in Individuals
- In a study of 4,800 hospitalized vets, it was not possible to identify who would die by suicide — too many false-negatives, false-positives
- Individuals of all races, creeds, incomes and educational levels die by suicide. There is no typical suicide victim

Suicide Facts

- Research shows that during our lifetime:
 - 20% of us will have a suicide within our immediate family.
 - 60% of us will personally know someone who dies by suicide.

Suicide Facts

- Suicide Communications ARE Made to Others
 - In adolescents, 50% communicated their intent to family members
 - In elderly, 58% communicated their intent to the primary care doctor
 - In service members, it's estimated that 50% have sought help with a behavioral health specialist prior to completing suicide

Myths vs. Facts

Myth vs. Facts

- ✓ **MYTH:** People who talk about suicide don't complete suicide.
- ✓ **FACT:** Many people who die by suicide have given definite warnings to family and friends of their intentions. Always take any comment about suicide seriously.
- ✓ **MYTH:** Suicide happens without warning.
- ✓ **FACT:** Most suicidal people give clues and signs regarding their suicidal intentions.

Myth vs. Facts

- ✓ **MYTH:** Suicidal people are fully intent on dying.
- ✓ **FACT:** Most suicidal people are undecided about living or dying, which is called "suicidal ambivalence." A part of them wants to live; however, death seems like the only way out of their pain and suffering. They may allow themselves to "gamble with death," leaving it up to others to save them.
- ✓ **MYTH:** Men are more likely to be suicidal.
- ✓ **FACT:** Men are four times more likely to kill themselves than women. *Women attempt suicide three times more often than men do.*

Myth vs. Facts

- ✓ **MYTH:** Asking a depressed person about suicide will push him/her to complete suicide.
- ✓ **FACT:** Studies have shown that patients with depression have these ideas and talking about them does not increase the risk of them taking their own life.

Myth vs. Facts

- ✓ **MYTH:** Improvement following a suicide attempt or crisis means that the risk is over.
- ✓ **FACT:** Most suicides occur within days or weeks of "improvement," when the individual has the energy and motivation to actually follow through with his/her suicidal thoughts. The highest suicide rates are immediately after a hospitalization for a suicide attempt

Myth vs. Facts

- ✓ **MYTH:** Once a person attempts suicide, the pain and shame they experience afterward will keep them from trying again.
- ✓ **FACT:** The most common psychiatric illness that ends in suicide is Major Depression, a recurring illness. Every time a patient gets depressed, the risk of suicide returns.
- ✓ **MYTH:** Sometimes a bad event can push a person to complete suicide.
- ✓ **FACT:** Suicide results from having a serious psychiatric disorder. A single event may just be "the last straw."

Risk Factors For Suicide

Risk Factors for Suicide

- **There are several risk factors for suicide:**
 - Psychiatric disorders
 - Past suicide attempts
 - Symptom risk factors
 - Sociodemographic risk factors
 - Environmental risk factors

Risk Factors for Suicide

- **Psychiatric Disorders**
- **Most common psychiatric risk factors resulting in suicide:**
 - Depression*
 - Major Depression
 - Bipolar Disorder
 - Alcohol abuse and dependence
 - Drug abuse and dependence
 - Schizophrenia

*Especially when combined with alcohol and drug abuse

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Risk Factors for Suicide

- In the elderly population, a loss of independence due to failing health or injury, a feeling of hopelessness/helplessness
- In youth, bullying, abuse, diagnosed/undiagnosed/untreated mental health issues, life changes like divorce or a move, the loss of a loved one, a teacher or a friend, a bad grade, failing, expulsions or suspensions, alcohol abuse or substance abuse of some kind
- In service members, compounded issues with deployment(s) like marital or relationship issues, financial hardships or financial crises, alcohol or substance abuse, unsuccessful intervention attempts

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Risk Factors for Suicide

- Other psychiatric risk factors with potential to result in suicide (*account for significantly fewer suicides than Depression*):
 - Post Traumatic Stress Disorder (PTSD)
 - TBI
 - Guilt

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Suicide Prevention

One Community at
a Time

One Community at a Time

Prevention within our community

- Education
- Screening
- Treatment
- Means Restriction
- Media Guidelines
- Community Support (i.e. Eliminating stigma, support groups, open communication, clearly defined safety networks)

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Risk Factors for Suicide

Professional Awareness

- Healthcare Professionals
-Physicians, pediatricians, nurse practitioners, physician assistants
- Mental Health Professionals
-Psychologists, Social Workers
- Primary and Secondary School Staff
-Principals, Teachers, Counselors, Nurses
- College and University Resource Staff
-Counselors, Student Health Services, Student Residence Services, Resident Hall Directors and Advisors
- Gatekeepers
-Religious Leaders, Police, Fire Departments, Armed Services

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Risk Factors for Suicide

Means Restrictions

- Firearm safety
- Construction of barriers at jumping sites
- Detoxification of domestic gas
- Improvements in the use of catalytic converters in motor vehicles
- Restrictions on pesticides
- Reduce lethality or toxicity of prescriptions
 - Use of lower toxicity antidepressants
 - Change packaging of medications to blister packs
 - Restrict sales of lethal hypnotics (i.e. Barbiturates)

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Risk Factors for Suicide

- **Media Considerations**
- **Consider how suicide is portrayed in the media**
 - TV
 - Movies
 - Advertisements
- **The Internet danger**
 - Suicide chat rooms
 - Instructions on methods
 - Solicitations for suicide pacts

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You Can Help!

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You Can Help!

- ❖ Most suicidal people don't really want to die – they just want their pain to end
- ❖ About 80% of the time people who kill themselves have given definite signals or talked about suicide
- ❖ Attend Suicide Prevention and Intervention workshops and classes like QPR (Question, Persuade and Refer) or ASIST (Applied Suicide Intervention Skills Training)

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You Can Help!

The consistency in most suicide prevention training is:

Get help, *but do NOT leave the person alone*

- ❖ Know referral resources
- ❖ Reassure the person
- ❖ Encourage the person to participate in helping process
- ❖ Outline safety plan

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You Can Help!

Resource Sheet

Create referral resource sheet from your local community

- ❖ Psychiatrists
- ❖ Psychologists
- ❖ Other Therapists
- ❖ Family doctor/pediatrician
- ❖ Local medical centers/medical universities
- ❖ Local mental health services
- ❖ Local hospital emergency room
- ❖ Local walk-in clinics
- ❖ Local psychiatric hospitals
- ❖ **Peer to Peer groups**

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You Can Help!

Hotlines

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Press 1 for Veterans

www.suicidepreventionlifeline.org

911

❖ In an acute crisis, call 911

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Visit

- <http://www.suicideprevention.nebraska.edu/>
- <http://youthsuicideprevention.nebraska.edu/>
- <http://dhhs.ne.gov>
- <http://qprinstitute.com> (QPR Training)
- <http://www.livingworks.net/> (ASIST Training)

Email

- Nebraska State Suicide Prevention Coalition:
- Dr. Dave Miers dave.miers@bryanlgh.org
- Rose Hood-Bus rose@hublincoln.org

Call

- National Suicide Hotline – 1-800-273-8255

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Questions?

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