

Stressed out?



Need to talk?

Active Minds Suicide Prevention Month

Preparing for Your Programs

Listen. Talk. Reach Out.
activeminds.org



Objectives

- Acquaint chapter members with the basics of Suicide Prevention Month, including its history and purpose
- Educate chapter members about the warning signs, risk factors, and popular theories about suicide



Suicide Prevention 101

History

- Active Minds began their observance of Suicide Prevention Month in September 2013
- Prior to 2017, it was mostly a social media and blog campaign
- In 2017, Suicide Prevention Month became an on-campus awareness campaign intended to be held throughout the month of September

Facts about Suicide Prevention

- Suicide is the 2nd leading cause of death among college students
 - About 90% of people who die by suicide struggle with a mental health disorder
- Suicide is the most preventable cause of death
- When we talk about suicide, we say: “Die by Suicide”
 - “Commit suicide” implies a crime
 - “Completed suicide” implies goal attainment or a logical endpoint

Facts about Suicide Prevention

- In order to prevent suicide we must address:
 - Warning Signs
 - Intent
 - Means

WARNING SIGNS OF SUICIDE



- feelings of hopelessness
- changes in eating or sleeping
- chronic tiredness
- trouble concentrating
- irritability
- bouts of crying
- neglecting personal care
- reckless or impulsive behavior



THE FOLLOWING REQUIRE IMMEDIATE ATTENTION

- talk/writing about suicide and death
- threats/talk about wanting to hurt or kill oneself
- obtaining/searching for methods (collecting pills/firearms/etc.)
- giving away prized possessions or personal items

If you notice these signs in yourself or a friend:

call the National Suicide Prevention Lifeline 1-800-273-8255 (TALK)

text "START" to the Crisis Text Line 741741

go to the emergency room or mental health walk-in clinic



The infographic features a light beige background with a subtle pattern. It contains several speech bubbles of various colors (light pink, dark red, red) containing phrases: "You'd be better off without me", "I wish was never born", "I can't take it anymore", "I am so tired of living", and "I wish I were dead". A large black octagonal sign with a white exclamation mark is positioned at the bottom center. To the right of the sign, the text "VERBAL SIGNS OF SUICIDE" is written in bold, black, uppercase letters. The "activeminds" logo is visible in the bottom left corner of the infographic.

Substance Abuse
Disorders

FAMILY HISTORY OF
SUICIDE

***Mental Health
Conditions***

(e.g., depression, bipolar disorder, schizophrenia, borderline personality disorder, anxiety disorders, psychotic disorders/symptoms)

Risk Factors for Suicide

Health-Related

*Serious or Chronic Health
Condition/Pain*

PREVIOUS SUICIDE
ATTEMPTS

STRESSFUL LIFE EVENTS

death, divorce, job loss

EXPOSURE TO SUICIDE

another person's suicide or graphic or sensationalized accounts of suicide

*Environmental
Risk Factors for
Suicide*

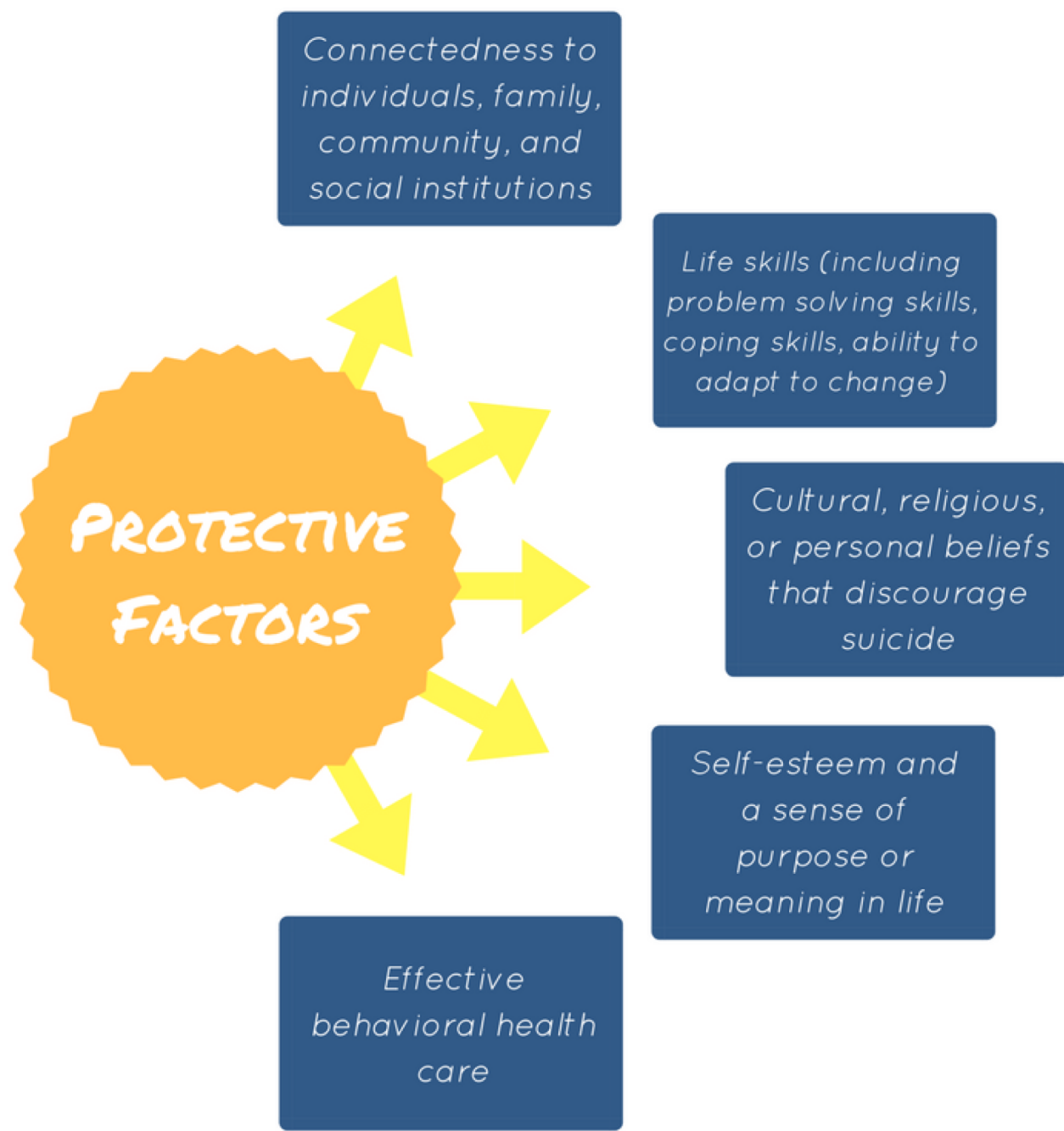
PROLONGED STRESS FACTORS

harassment, bullying, relationship problems, unemployment

ACCESS TO LETHAL MEANS

including firearms and drugs

American Foundation
for Suicide Prevention:
afsp.org/about-suicide/risk-factors-and-warning-signs/



Interpersonal Psychological Theory of Suicide

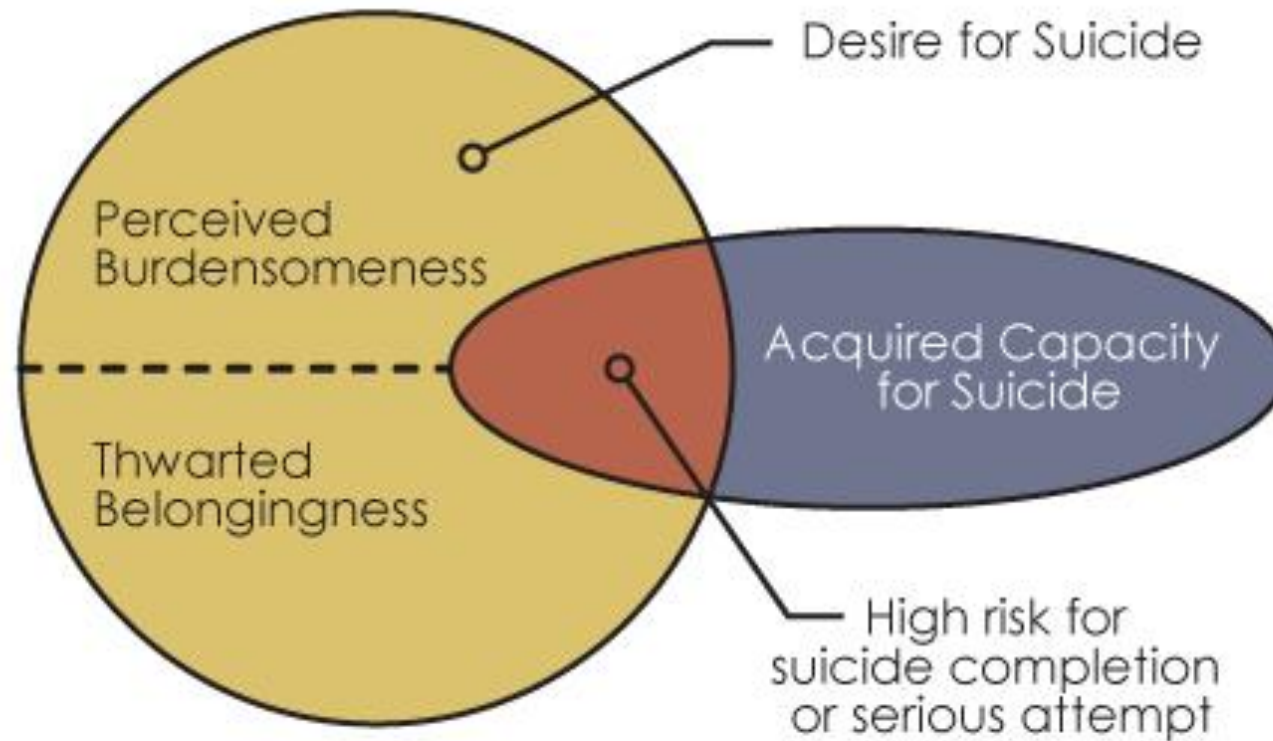


Figure 1: Thomas Joiner's model of suicide risk, 2006



Preparing for Suicide Prevention Events



Suicide Prevention Resources to Know and Share

- Your campus counseling center
- Active Minds web pages on [resources](#) and [how to get help](#)
- National Suicide Prevention Lifeline
 - Dial 1-800-273-TALK (8255) anytime 24/7
 - Suicidepreventionlifeline.org
- Crisis Text Line
 - Text the word BRAVE to 741-741 anytime 24/7
 - Crisistextline.org

Answering Common Questions & Comments

“Suicide is selfish.”

Chapter member Russell Fascione addresses it this way:

“Even if we can call the act of attempting suicide selfish, the person behind it is not acting out of selfishness... if that makes sense. When someone is so far into that dark place that they want to end their life, they might not be thinking about who their actions are going to hurt. Maybe they are in too much pain to think about it. And even if they are aware of how it might impact their loved ones, the desire to end their pain may have become too great to bear anymore.”

Answering Common Questions & Comments

“Suicide is cowardly.”

Chapter member Matt Kridel shares:

“People who die by suicide or think about suicide often feel cowardly, which is why it is so important to emphasize that suicide is not an act of cowardice. It is an impulsive response to stressors a person does not feel capable of handling, and all of us can relate to feeling incredibly overwhelmed. The appropriate response to someone expressing feelings of cowardice and suicidal ideation is to affirm their feelings of distress and emphasize alternative ways to respond.”

Answering Common Questions & Comments

“If you keep talking about suicide, it’ll happen more often.”

Chapter member Melina Acosta says:

“Talking about suicide and incorporating messages of hope and help-seeking into the discussion can actually help to combat suicide.¹ While the topic of suicide may be triggering or uncomfortable for some, research shows that asking if someone is suicidal does not incite or increase thoughts of suicide.² Having the conversation can be uncomfortable, but when done right, it could also save a life.”

¹ Active Minds Postvention Guide, Section II A and Appendix A. Found: www.activeminds.org/issues-a-resources/postvention

² Crawford, M. J., et al. (2011). Impact of screening for risk of suicide: randomised controlled trial. *The British Journal of Psychiatry*, 198(5), 379-384.

Additional information you should know...

- *Chapter leaders: Feel free to add onto this slideshow by including information that is specific to your chapter, like...*
 - *Details about the programming your chapter will be engaging in (when, where, how members can sign up to help...)*
 - *A minute-long “elevator speech” about the purpose of your programming that your chapter members can use when they interact with members of the campus community at events*
 - *Information about your counseling center (location, hours, contact info) in case one of your chapter members either a) needs to go themselves, or b) needs to share the information with a student/escort a student to the counseling center*