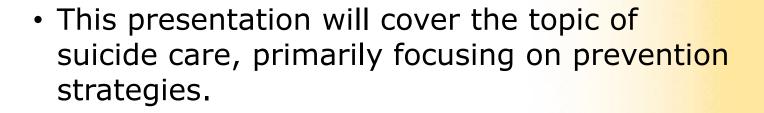


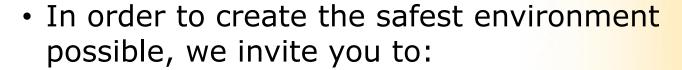
Suicide Prevention 101

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Trauma-Informed Disclosure





- ▶ Take breaks during the training if needed; and
- ▶ Call the 988 Suicide and Crisis Lifeline at 988 or text "TX" to 741741 if you become distressed and need support.



Overview



- Language Matters
- Data Findings
- Risk Factors
- Warning Signs
- Protective Factors
- Things to Consider
- What You Can Do
- Web Resources
- Crisis Lines

Language Matters



Unsafe:

- Completed suicide
- Failed attempt
- Parasuicide
- Successful suicide
- Nonfatal suicide
- Serious attempt
- Suicide gesture
- Manipulative act
- Suicide threat
- Committed suicide
- Means restriction

Safe:

- Attempted suicide
- Died by suicide
- Death by suicide
- Thoughts of suicide
- Survivors of suicide loss
- Survivors of suicide attempts
- People with lived experience
- Low or high lethality attempt
- Means safety

Data Findings

- About 45,000 people die from suicide each year in the United States.
- Suicide is the second leading cause of death for people 10 to 34 years old.
- About 4,000 people die by suicide in Texas each year.
- Men die by suicide more often than women.
- Women attempt suicide more often than men.



Risk Factors (1 of 2)

What are risk factors?

Characteristics or conditions that increase the chance someone may attempt suicide.





Risk Factors (2 of 2)

- Significant loss or change in life circumstances
- History of attempted suicide
- History of inpatient hospitalization
- Suicide of a loved one
- Part of high-risk group
- Access to means
- Perceived burdensomeness

- Lack of social support
- History of trauma
- Substance use
- Impulsivity
- History of or current mental illness
- Chronic physical illness or pain
- Hopelessness

Warning Signs (1 of 2)

What are warning signs?

Indicators a person may be in acute danger and urgently needs help; may be more transient states than risk factors.





Warning Signs (2 of 2)

Talk:

- Talking about suicide or death
- Posting about death
- Saying goodbye
- Feeling trapped
- Having no reason to live
- Being worthless
- Wanting the pain to stop

Behavior:

- Increased use of substances
- Withdrawing or isolating
- Behaving recklessly
- Sleeping too much or too little
- Giving away possessions
- Decrease in selfcare

Mood:

- Dramatic change in mood
- Guilt
- Depression
- Anxiety
- Irritability
- Anger
- Emptiness
- Hopeless

Protective Factors (1 of 2)

What are protective factors?

Characteristics, traits, or supports that make a person less likely to attempt suicide.





Protective Factors (2 of 2)

- Connectedness
- Social support
- Access to effective mental health treatment
- Healthy coping skills
- Cultural and religious beliefs
- Willingness to engage in resources

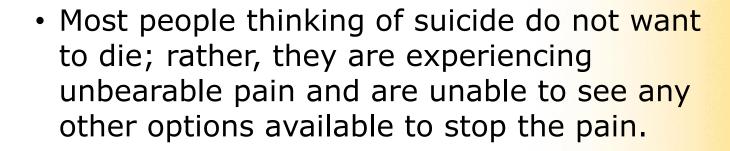
- Protection from chosen method
- Having a sense of purpose or meaning in life
- Hope for the future
- Having a sense of responsibility for others

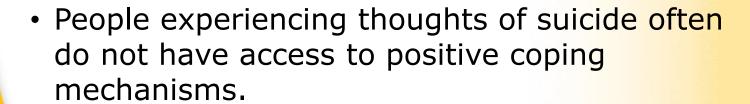
Things to Consider (1 of 2)

- Risk factors, warning signs, and protective factors are not cumulative (i.e., people may have many protective factors and only one warning sign and still be at high risk).
- There are minimal differences between children, adolescents, and adults regarding, risk factors, warning signs, and protective factors.



Things to Consider (2 of 2)





 Encouraging the person to think of reasons to live and reasons for hope can be very helpful.

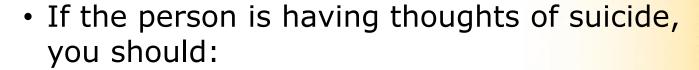


What You Can Do (1 of 4)

- If someone you know is exhibiting warning signs, you should:
 - Ask clearly and directly about suicide;
 - ▶ Ask "Are you thinking about suicide?" or "Have you been thinking about killing yourself?"; and
 - Avoid "harm yourself."



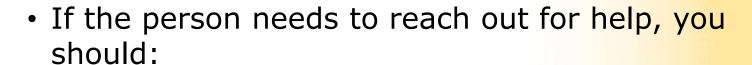
What You Can Do (2 of 4)



- Listen, and be non-judgmental;
- Believe what they say, and take words and actions seriously;
- Offer hope, and help them think of reasons to live or ways to keep safe; and
- ▶ Get help, and stay with them until help is available.



What You Can Do (3 of 4)



- Be willing to assist; and
- ▶ Recommend the 988 Suicide and Crisis Lifeline, which provides:
 - Free and confidential support for people in distress; and
 - ♦ Free crisis and suicide prevention resources for those working with people who may experience thoughts of suicide.



What You Can Do (4 of 4)

Consider additional suicide prevention training opportunities:

- Applied Suicide Intervention Skills Training
 - https://livingworks.net/asist
- Ask About Suicide to Save a Life
 - https://texassuicideprevention.org
- Counseling on Access to Lethal Means
 - https://zerosuicidetraining.edc.org/enrol/index.ph p?id=20
- Mental Health First Aid
 - https://mentalhealthfirstaid.org



Web Resources

- American Foundation for Suicide Prevention
 - https://afsp.org
- Columbia Lighthouse Project
 - https://cssrs.columbia.edu
- Live Through This
 - https://livethroughthis.org
- Suicide Prevention Resource Center
 - https://sprc.org



Crisis Lines

- 988 Suicide and Crisis Lifeline
 - ▶ Call 988
 - https://988lifeline.org
- Crisis Text Line
 - ▶ Text "TX" to 741741
 - https://crisistextline.org
- Trevor Project
 - ▶ Call 866-488-7386
 - https://thetrevorproject.org





Questions?

suicide.prevention@hhs.texas.gov



Thank You

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