

Suicide

PREVENTION

Night



Suicide Awareness Talk

Will You Be the One to Save a Life?



National Suicide Prevention Lifeline

988

or

1-800-273-8255

**We can all help
prevent suicide.**

Suicide Risk Factors

- **Family history**
- **Substance abuse/intoxication**
- **Access to guns**
- **Serious or chronic mental illness**
- **Gender**
- **History of trauma or abuse**

Suicide Risk Factors

- **Prolonged stress**
- **Isolation**
- **Age**
- **Recent tragedy or loss**
- **Agitation and sleep deprivation**

Suicide Warning Signs

- **Changes in calls, texts, & online posting**
- **Talking about wanting to die**
- **Increased alcohol and drug use**
- **Aggressive or reckless behavior**
- **Isolation**

Suicide Warning Signs

- **Increased anxiety or agitation**
- **Extreme or sudden mood swings**
- **Feeling hopeless, trapped, desperate, or like a burden**
- **Changes in sleep**
- **Giving away possessions**

Five Action Steps to Help Prevent Suicide

National Suicide
Prevention Lifeline
988 or 1-800-273-8255

BeTheTo.com
#BeTheTo

**Is someone you
know thinking
about suicide?**

① *Ask*

How to Ask

- Directly—Be brave | Be blunt
- Listen
- Reason for living
- No secrets

① *Ask*

Why Ask

Asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.

② *Keep Them Safe*

How to Keep Them Safe

- Think of safety first
- Timing | Details | Access
- Call Lifeline or Authorities | Go to the ER
- Don't leave them alone

② *Keep Them Safe*

Why Keep Them Safe

Keeping someone safe is an important part of suicide prevention.

③ *Be There*

How to Be There

- Be present
- Listen with empathy, compassion, and no judgments
- Follow through

③ *Be There*

Why Be There

Being there with someone who is having thoughts of suicide can be **LIFE-SAVING.**

④ *Help Them Connect*

How to Help Them Connect

- Make sure the person has the Lifeline number 988 or (800) 273-8255
- Know who is in their network?
- Help them develop a safety plan

④ *Help Them Connect*

Why Help Them Connect

Calling the Lifeline
988 or (1-800-273-8255)
helps reduce suicides.

⑤ Follow Up

How to Follow Up

- Keep connecting
- Don't give up

⑤ Follow Up

Why Follow Up

Staying connected will
lower the risk of suicide.

Five Action Steps to Help Prevent Suicide

- ① **Ask**
- ② **Keep Safe**
- ③ **Be There**
- ④ **Help Them Connect**
- ⑤ **Follow Up**

“Be still, and know that
I am God.”

Psalm 46:10 NIV

I can do all things through
Christ who strengthens me.

—*Philippians 4:13 (NKJV)*

Be Brave

**After all, you might be the one to
save a life and every life
is worth saving.**

*Together, we will
help
prevent
suicide.*

Maree Dee—Mental Health Advocate



- Embracing Faith & Mental Illness (A Caregiver's Perspective) | Founder | Speaker | Writer | Host | EmbracingtheUnexpected.com/embracing-faith-mental-illness/
- Circles of Hope: Mental Health Support | Co-founder | Coach | Speaker | Leader
- Embracing the Unexpected Website | Founder | Writer | EmbracingtheUnexpected.com
- National Education Alliance for Borderline Personality Disorder | Family Connections Teacher | Speaker | Board Member (2015-2018)
- National Alliance on Mental Illness: Member | Speaker | Family to Family Teacher

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RESOURCES

National Suicide Prevention Lifeline

1-800-273-8255

<https://suicidepreventionlifeline.org>

Be The One To Save A Life

<http://www.bethe1to.com>

#BeThe1To

American Foundation for Suicide Prevention

<https://afsp.org/>