



Suicide Prevention

Increasing Awareness of Suicide Risks

Bella Mente Academies
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Presenters:

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Suicide Prevention

- ▶ Suicide is Preventable
- ▶ Data on Suicide Rate
- ▶ Who is at risk?
- ▶ The warning signs
- ▶ What could we do to prevent suicide?
 - ▶ Protective Factors
- ▶ Resources available

10 Leading Causes of Injury Deaths by Age Group Highlighting Unintentional Injury Deaths, United States – 2016

| Rank | Age Groups | | | | | | | | | | Total |
|------|---|---|---|---|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|------------------------------------|------------------------------------|
| | <1 | 1-4 | 5-9 | 10-14 | 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65+ | |
| 1 | Unintentional Suffocation 1,023 | Unintentional Drowning 425 | Unintentional MV Traffic 384 | Unintentional MV Traffic 455 | Unintentional MV Traffic 7,037 | Unintentional Poisoning 14,631 | Unintentional Poisoning 13,278 | Unintentional Poisoning 13,439 | Unintentional Poisoning 9,438 | Unintentional Fall 29,668 | Unintentional Poisoning 58,335 |
| 2 | Homicide Unspecified 132 | Unintentional MV Traffic 334 | Unintentional Drowning 147 | Suicide Suffocation 247 | Unintentional Poisoning 4,997 | Unintentional MV Traffic 7,010 | Unintentional MV Traffic 5,075 | Unintentional MV Traffic 5,536 | Unintentional MV Traffic 5,397 | Unintentional MV Traffic 7,429 | Unintentional MV Traffic 38,748 |
| 3 | Unintentional MV Traffic 88 | Unintentional Suffocation 118 | Unintentional Fire/Burn 78 | Suicide Firearm 160 | Homicide Firearm 4,553 | Homicide Firearm 4,510 | Suicide Firearm 3,099 | Suicide Firearm 3,873 | Suicide Firearm 4,067 | Suicide Firearm 5,756 | Unintentional Fall 34,673 |
| 4 | Homicide Other Spec., Classifiable 63 | Homicide Unspecified 114 | Homicide Firearm 68 | Unintentional Drowning 103 | Suicide Firearm 2,683 | Suicide Firearm 3,298 | Homicide Firearm 2,555 | Suicide Suffocation 2,112 | Unintentional Fall 2,679 | Unintentional Unspecified 5,021 | Suicide Firearm 22,938 |
| 5 | Undetermined Suffocation 60 | Unintentional Fire/Burn 107 | Unintentional Suffocation 35 | Homicide Firearm 95 | Suicide Suffocation 2,100 | Suicide Suffocation 2,643 | Suicide Suffocation 2,199 | Suicide Poisoning 1,736 | Suicide Poisoning 1,538 | Unintentional Suffocation 3,631 | Homicide Firearm 14,415 |
| 6 | Undetermined Unspecified 38 | Unintentional Pedestrian, Other 82 | Unintentional Other Land Transport 24 | Unintentional Other Land Transport 64 | Unintentional Drowning 530 | Undetermined Poisoning 855 | Suicide Poisoning 1,144 | Homicide Firearm 1,420 | Suicide Suffocation 1,474 | Unintentional Poisoning 2,458 | Suicide Suffocation 11,642 |
| 7 | Unintentional Drowning 38 | Homicide Firearm 64 | Unintentional Pedestrian, Other 18 | Unintentional Fire/Burn 52 | Suicide Poisoning 426 | Suicide Poisoning 767 | Undetermined Poisoning 788 | Unintentional Fall 1,238 | Unintentional Suffocation 792 | Adverse Effects 2,028 | Suicide Poisoning 6,698 |
| 8 | Homicide Suffocation 19 | Homicide Other Spec., Classifiable 64 | Unintentional Firearm 16 | Unintentional Suffocation 39 | Homicide Cut/Pierce 340 | Unintentional Drowning 463 | Unintentional Fall 515 | Undetermined Poisoning 929 | Homicide Firearm 738 | Unintentional Fire/Burn 1,150 | Unintentional Suffocation 6,610 |
| 9 | Adverse Effects 18 | Unintentional Firearm 34 | Unintentional Struck by or Against 15 | Unintentional Poisoning 28 | Undetermined Poisoning 289 | Homicide Cut/Pierce 420 | Unintentional Drowning 396 | Unintentional Drowning 478 | Undetermined Poisoning 707 | Suicide Poisoning 1,070 | Unintentional Unspecified 6,507 |
| 10 | Unintentional Natural/ Environment 18 | Unintentional Poisoning 34 | Unintentional Other Transport 14 | Unintentional Firearm 23 | Unintentional Fall 199 | Unintentional Fall 326 | Homicide Cut/Pierce 350 | Unintentional Suffocation 419 | Unintentional Unspecified 625 | Suicide Suffocation 859 | Undetermined Poisoning 3,827 |

Data Source: National Center for Health Statistics (NCHS), National Vital Statistics System.
Produced by: National Center for Injury Prevention and Control, CDC using WISQARS™.



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

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| | <1 | 1-4 | 5-9 | 10-14 | 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65+ | |
| 1 | Unintentional Suffocation 977 | Unintentional Drowning 443 | Unintentional MV Traffic 341 | Suicide Suffocation 361 | Unintentional MV Traffic 6,308 | Unintentional Poisoning 15,353 | Unintentional Poisoning 14,978 | Unintentional Poisoning 13,620 | Unintentional Poisoning 10,854 | Unintentional Fall 32,522 | Unintentional Poisoning 62,399 |
| 2 | Homicide Unspecified 125 | Unintentional MV Traffic 292 | Unintentional Drowning 130 | Unintentional MV Traffic 360 | Unintentional Poisoning 4,245 | Unintentional MV Traffic 6,886 | Unintentional MV Traffic 5,068 | Unintentional MV Traffic 5,328 | Unintentional MV Traffic 5,629 | Unintentional MV Traffic 7,697 | Unintentional MV Traffic 37,991 |
| 3 | Unintentional MV Traffic 80 | Homicide Unspecified 152 | Unintentional Fire/Bum 99 | Suicide Firearm 202 | Homicide Firearm 4,107 | Homicide Firearm 4,348 | Suicide Firearm 3,222 | Suicide Firearm 3,787 | Suicide Firearm 4,421 | Suicide Firearm 6,375 | Unintentional Fall 37,455 |
| 4 | Homicide Other Spec., Classifiable 68 | Unintentional Fire/Bum 123 | Homicide Firearm 57 | Homicide Firearm 134 | Suicide Firearm 2,995 | Suicide Firearm 3,429 | Suicide Suffocation 2,688 | Suicide Suffocation 2,481 | Unintentional Fall 2,766 | Unintentional Unspecified 4,607 | Suicide Firearm 24,432 |
| 5 | Undetermined Suffocation 45 | Unintentional Suffocation 112 | Unintentional Suffocation 30 | Unintentional Drowning 86 | Suicide Suffocation 2,237 | Suicide Suffocation 3,117 | Homicide Firearm 2,569 | Suicide Poisoning 1,396 | Suicide Suffocation 1,934 | Unintentional Suffocation 3,793 | Homicide Firearm 13,958 |
| 6 | Unintentional Drowning 39 | Unintentional Pedestrian, Other 70 | Unintentional Other Land Transport 20 | Unintentional Fire/Bum 52 | Suicide Poisoning 454 | Undetermined Poisoning 824 | Suicide Poisoning 990 | Homicide Firearm 1,382 | Suicide Poisoning 1,491 | Unintentional Poisoning 3,269 | Suicide Suffocation 13,840 |
| 7 | Homicide Suffocation 30 | Homicide Other Spec., Classifiable 66 | Homicide Unspecified 17 | Unintentional Suffocation 43 | Unintentional Drowning 431 | Suicide Poisoning 753 | Undetermined Poisoning 780 | Unintentional Fall 1,131 | Unintentional Suffocation 858 | Adverse Effects 3,100 | Unintentional Suffocation 6,701 |
| 8 | Undetermined Unspecified 30 | Homicide Firearm 54 | Adverse Effects 16 | Unintentional Other Land Transport 37 | Homicide Cut/pierce 256 | Unintentional Drowning 482 | Unintentional Fall 502 | Undetermined Poisoning 876 | Homicide Firearm 802 | Unintentional Fire/Bum 1,404 | Suicide Poisoning 6,237 |
| 9 | Unintentional Natural/Environment 22 | Unintentional Natural/Environment 38 | Unintentional Pedestrian, Other 15 | Unintentional Poisoning 23 | Undetermined Poisoning 224 | Homicide Cut/Pierce 455 | Unintentional Drowning 414 | Unintentional Drowning 456 | Adverse Effects 766 | Suicide Poisoning 1,133 | Unintentional Unspecified 6,082 |
| 10 | Two Tied 18 | Unintentional Firearm 30 | Homicide Other Spec., NEC ^N 14 | Suicide Poisoning 20 | Suicide Fall 205 | Unintentional Fall 345 | Homicide Cut/Pierce 340 | Unintentional Suffocation 401 | Undetermined Poisoning 704 | Suicide Suffocation 1,014 | Adverse Effects 4,604 |

Data Source: National Center for Health Statistics (NCHS), National Vital Statistics System.
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Risk Factors

Who is at Risk for Suicide?

- ▶ Prior attempts
- ▶ Depression and other mental health disorders
- ▶ Substance abuse or disorder
- ▶ Family history:
 - ▶ Suicide or suicidal attempts
 - ▶ Mental disorders
 - ▶ Substance abuse or disorder
- ▶ Family violence
 - ▶ Physical or sexual abuse

Risk Factors

Who is at Risk for Suicide?

- ▶ Family discord
 - ▶ relationship between parents
 - ▶ relationship with parents
- ▶ Being exposed to suicidal behavior or attempt
- ▶ The presence of guns or other firearms in the home
- ▶ Victims of Bullying
 - ▶ LGBTQ students

Source: National Institute of Mental Health, US Department of Health and Human Services.

Warning Signs

How to tell whether a young person is suicidal

Source: Youth Mental Health First Aid USA publication, 2012.

Important signs may include:

- ▶ Threatening to hurt or kill themselves
- ▶ Seeking access to pills, weapons, or other means to hurt themselves
- ▶ Talking or writing about death, dying, or suicide
- ▶ Expressing hopelessness, no reason for living, or having no sense of purpose
- ▶ Having rage, anger, or seeking revenge
- ▶ Acting recklessly or engaging in risky behaviors
- ▶ Feeling trapped

Important signs may include:

- ▶ Increasing alcohol or drug use
- ▶ Withdrawing from friends, family, and society
- ▶ Dramatic change in mood (extreme shift)
- ▶ Change in sleep pattern (sleeping all the time or not being able to sleep)
- ▶ Being anxious or agitated
- ▶ Giving away prized possessions
- ▶ Saying goodbyes or saying sorry
- ▶ Dramatic change in appearance: hygiene, clothing

Warning Signs

How to tell whether a young person is suicidal

Source: Youth Mental Health First Aid USA publication, 2012.

Helping a young person build resiliency

The Protective Factors

Source: Youth Mental Health First Aid USA publication.

- ▶ Protective Factors are areas that contribute to resiliency: including strong family and social supports, and the natural ability of youth and children to adapt to new situations.
- ▶ Parental and family support
- ▶ Having a good social support system/support circle
- ▶ Spirituality
- ▶ Community involvement
- ▶ Consistent home/family routine
- ▶ Regular school attendance
- ▶ Encouraging healthy practices: exercise, sports, healthy diet
- ▶ Monitoring youth activities

What to do when in crisis

Call 9-1-1 for
Emergency

► Call 9-1-1 for Emergency

PERT Unit: Provides emergency assessment and referral for individuals with mental illness who come to the attention of law enforcement through phone calls from community members or in-field law enforcement request for emergency assistance. PERT pairs licensed mental health clinicians with uniformed law enforcement officers/deputies. Clinicians work out of individual law enforcement divisions and respond in the field with their law enforcement partners. The PERT team evaluates the situation, assesses the individual's mental health condition and needs, and, if appropriate, transports individual to a hospital or other treatment center, or referees him/her to a community-based resource or treatment facility.

Please be aware that there is a limited number of PERT Team Members. They work certain hours per week at different jurisdictions throughout San Diego County.

What to do when in crisis

9-1-1 for emergency

► For non-emergency, call your local police department:

- (619) 531-2000 San Diego Police Department
- (858) 565-5200 County San Diego Sheriff Department
- (619) 522-7350 Coronado Police Department
- (619) 336-4411 National City Police Department
- (619) 579-3311 El Cajon Police Department
- (619) 667-1400 La Mesa Police Department
- (619) 691-5151 Chula Vista Police Department
- (760) 435-4900 Oceanside Police Department
- (760) 839-4722 Escondido Police Department
- (760) 931-2197 Carlsbad Police Department

Community Resources

Resources available in our area

- ▶ NIH Suicide in America: FAQ
National Suicide Prevention Lifeline
1-800-273-TALK (8255).
24 hours/7 days a week free service

- ▶ Bella Mente website for Social Emotional and Behavioral Support Resources
<https://bellamentecharter.org/social-emotional-and-behavioral-support-resources/>

- ▶ National Alliance on Mental Illness (NAMI)
 - ▶ Recovery Support Group
 - ▶ Family Support Group

- ▶ NIMH Mental Health Resources

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Thank you!