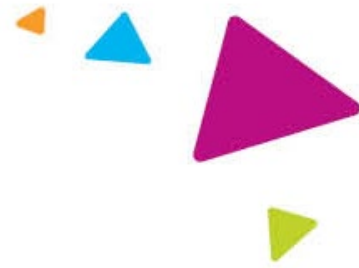




# Suicide Risk Awareness and Prevention

# Objectives

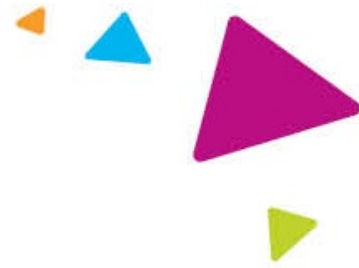
- Define risk and protective factors.
- Define the warning signs of suicide.
- Discuss how to speak to someone about suicide concerns.
- List resources and how to get help.



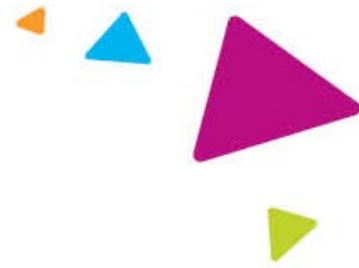
# Who is at risk?

Suicidal thoughts can affect anyone at any age, gender or background

Suicidal thoughts are relatively common and are serious



# Who is at risk?



78% of those who die by suicide are male

More women than men attempt suicide

Men are nearly 4x more likely to die by suicide

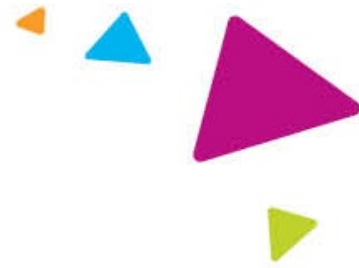
Suicide is the second leading cause of death among people aged 10–34

The suicide rate in the U.S. has increased by 35% since 1999.

46% of people who die by suicide had a diagnosed mental health condition.

90% of those who die by suicide experienced mental health symptoms.

# Community impact



Annual prevalence of serious thoughts of suicide:

4.8% of all adults

11.8% of young adults aged 18-25

18.8% of high school students

46.8% of lesbian, gay and bisexual high school students

American Indian, Alaska Natives, and Non-Hispanic white communities have some of the highest rates of suicide in the U.S.

Lesbian, gay and bisexual youth are 4x more likely to attempt suicide

Transgender adults are nearly 12x more likely to attempt suicide

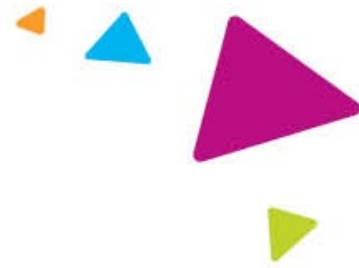
Suicide is the leading cause of death in local jails.

# What's going on in the United States?

Suicide rate is falling

Down 33% since 1990

Steadily increasing for decades

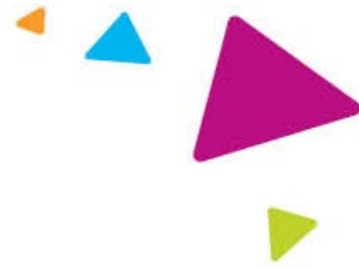


# Range of suicidality

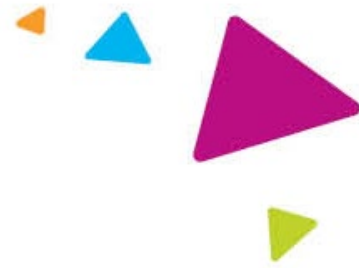
Suicidal ideation

Para-suicidal behavior

Death by suicide



# Risk factors



## **Health**

Mental health conditions

Physical health conditions

Traumatic brain injury

## **Environmental**

Access to lethal means

Harassment, bullying, relationship problems, unemployment

Stressful life situations

Expose to another person's suicide

## **Historical**

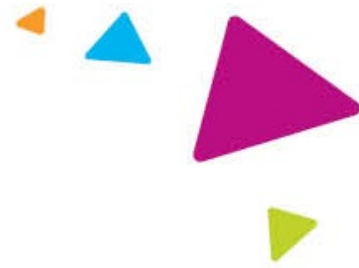
Previous suicide attempts

Family history of suicide

Childhood abuse, neglect, or trauma



# Risk factors



Risk of acting with suicidal intent increases with:

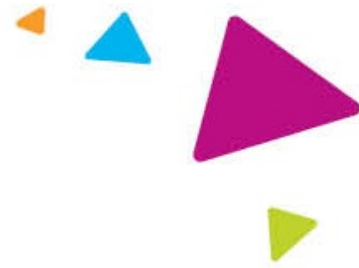
Frequency and intensity of thoughts

Lethality of plan

Hopelessness

Suicide is not thought of as a disease

# Protective factors



Access to mental health care, and being proactive about mental health

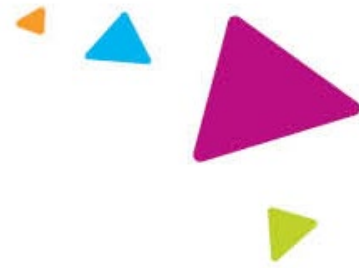
Feeling connected to family and community support

Problem-solving and coping skills

Limited access to lethal means

Cultural and religious beliefs that encourage connecting and help-seeking, discourage suicidal behavior, or create a strong sense of purpose or self-esteem

# Warning signs of suicide



## **Talking about:**

Wanting to die

Great guilt or shame

Being a burden to others

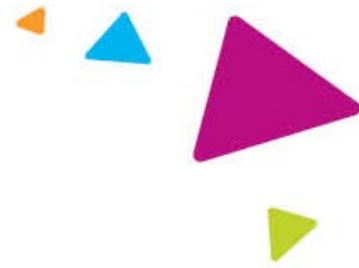
## **Feeling:**

Empty, hopeless, trapped, or having no reason to live

Extremely sad, more anxious, agitated, or full of rage

Unbearable emotional or physical pain

# Warning signs of suicide



## **Changing behavior, such as:**

Planning or researching ways to die

Withdrawing from friends, saying good-bye, giving away important items, or making a will

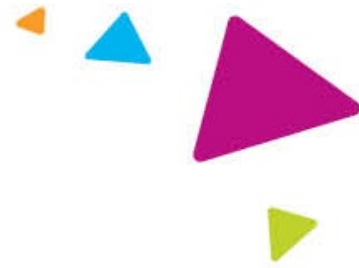
Taking dangerous risks

Displaying extreme mood swings

Eating less or sleeping more

Using drugs or alcohol more often

# How to talk (and listen) to someone experiencing suicidal thoughts

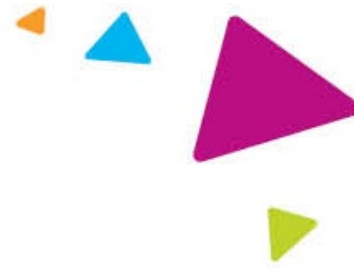


Ask questions

If the answer is yes

Follow-up

# How to talk (and listen) to someone experiencing suicidal thoughts



Be an active listener

Communicate in a non-judgmental and accepting attitude

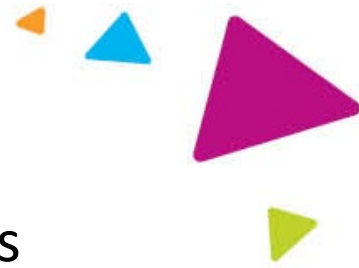
Show you are paying attention

Clarify through restating and summarizing

Respect the pace and flow of the conversation

Watch for non-verbal clues

# References and resources



[Suicide Prevention Awareness Month | NAMI: National Alliance on Mental Illness](#)

If you or someone you know is in a suicidal emergency, call [The National Suicide Prevention Lifeline](#) at 800-273-TALK (8255) or call 911 immediately.

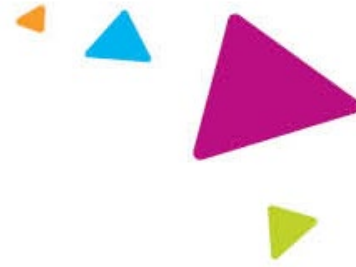
## **New 988 National Suicide Prevention Lifeline**

[NIMH » Warning Signs of Suicide \(nih.gov\)](#)

[Risk factors, protective factors, and warning signs | AFSP](#)

[How to Talk \(and Listen\) to Someone Experiencing Suicidal Thoughts | NAMI: National Alliance on Mental Illness](#)

Gustavo Turecki, et al; Suicide and suicide risk. *Nature* (2019) 5:74



**Call toll-free or visit us on the web**

**24 hours a day/7 days a week**

**Thank you!**

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