

WARNING SIGNS OF SUICIDE & STEPS TO TAKE

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AZ COALITION FOR MILITARY FAMILIES

WARNING

- [National Suicide Prevention Lifeline](#) at 1-800-273-TALK (8255),
- [Veteran's Crisis Line](#) at 1-800-273-8255, press 1 or text 838255
- [Crisis Text Line](#) to text with a trained crisis counselor is TEXT HOME to 741741
- 911

WHAT IS SUICIDE?

- The act of killing oneself on purpose
- Evokes difficult and uncomfortable reactions in most people
- Victims are often blamed
- Surviving friends/family members can be stigmatized
- Suicide results from interactions between:
 - biological
 - psychological
 - social
 - environmental factors

SUICIDE MATTERS

Suicide is a significant public health issues facing the U.S. today.

Approximately 90% of people who have died by suicide were suffering from a mental illness at the time.

The most common mental illness reported was depression.

Suicide crosses all age, racial, and socioeconomic groups in the US and around the world.

Language of saying suicide is or was a 'choice' should be discouraged.

Portray seeking help as a reasonable action and give action steps to seek help.

With the right knowledge and skills, most suicides can be prevented.

POLL

In the U.S. in 2019 what age group had the highest suicide completion rate?

A. 18-30 years old

B. 32-44 years old

C. 45-54 years old

D. 55-70 years old

E. 71-84 years old

F. 85 and older

SUICIDE RISK STATISTICS IN THE U.S.

2019 Official Final Data*:

Number of actual deaths in 2019	47,511
Number of people per day in 2019	130.2
Males	37,256
Females	10,255
Average of 1 person every 11.1 minutes killed themselves	
Firearm suicides (1st), Suffocation/Hanging (2nd), and Poisoning (3rd)	

*Rates above may underrepresent actual suicide rates due to many suicides being categorized as other types of deaths.

SUICIDE RISK STATISTICS MILITARY

DoD Annual Suicide Report (ASR) 2019 *:

Number of actual deaths in 2019 **498**

Males primarily enlisted, and less than 30 years of age

Majority of Service Member suicide decedents died by firearm

Military family members died by suicide : spouses and dependents **198**

Firearms were the primary method of suicide death for military spouses and dependents

*Rates above may underrepresent actual suicide rates due to many suicides being categorized as other types of deaths.

SUICIDE: RISK FACTORS

Known Risk Factor Include:

- Psychiatric disorders
- Substance abuse/dependence
- Family history of suicide
- History of attempts, especially within the past 3 months
- Recent hospitalization for suicidal thoughts or attempts
- Expressing intent, selecting a

- Method and establishing a plan

SUICIDE RISK: SIGNS AND SYMPTOMS

Warning signs of acute suicide risk:

- Threatening to hurt or kill oneself
- Talking, writing, or posting via social media about death, dying, or suicide
- Seeking access to suicide methods

SUICIDE RISK: SIGNS AND SYMPTOMS

Additional warning signs:

- Feeling hopeless and helpless
- Feeling trapped with “no way out”
- Giving away prized possessions or seeking long-term care for pets
- Withdrawal from friends, family, and society
- Acting reckless or engaging in risky activities
- Anxiety, agitation, unable to sleep or sleeping all the time
- Increasing alcohol or drug use
- Dramatic mood changes

SUICIDE RISK: WHAT IT MAY LOOK LIKE

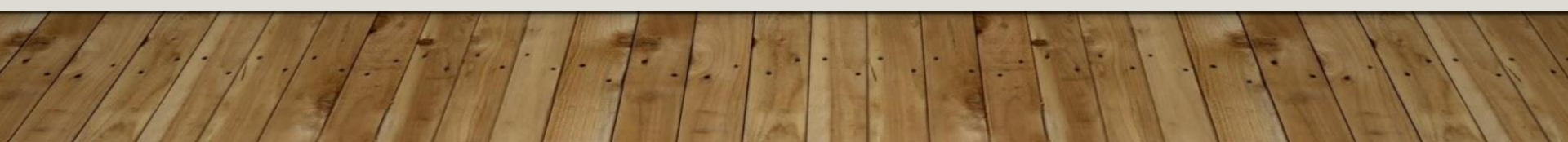
- Expressing thoughts of suicide and hopelessness verbally or via text, social media, or email
- Making direct threats that involve a plan or intent to end one's life
- “What’s the point of living?”
- “Nobody will miss me when I am gone”
- Requests for secrecy/confidentiality regarding suicidal thoughts or behaviors
- Actual suicide attempts or gestures

WHAT TO DO IF YOU ARE CONCERNED

If someone makes suicidal statements do the following:

- Take all suicide statements seriously
- Let the person know you are concerned
- Calmly state why you are worried
- Listen without judging or trying to “fix” the problem
- Let the person know help is available
- Call 911 if there’s an imminent threat/risk

If someone makes suicidal statements do not:

- Leave an actively suicidal person alone
 - Use guilt and threats to try to prevent suicide
 - Do not promise confidentiality or agree to keep their plan a secret
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TREATMENT OPTIONS

It is critical to first assess suicide risk and put in place measures to keep the person safe.

Most people die by suicide have a diagnosable mental condition, most commonly a depressive disorder or a substance abuse disorder. Treatment plans for these disorders should be identified.

Common treatment options include:

- Psychotherapy including Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT)
- Medication may be prescribed to alleviate symptoms, such as depression and anxiety
- Treatment is typically a combination of medication and psychotherapy

RESOURCES



If you would like help or have concerns for a family member or friend,
reach out to one of the following resources
available 24/7:

- [National Suicide Prevention Lifeline](#) at 1-800-273-TALK (8255)
- [Crisis Text Line](#) to text with a trained crisis counselor- TEXT HOME to 741741
- [Veteran's Crisis Line](#) at 1-800-273-8255 or text 838255
- 911

TIPS THAT MAY AID YOUR MENTAL HEALTH

- Participate in regular physical activity
- Practice good nutrition
- Get at least 7 hours of sleep nightly
- Invest time in your relationships
- Try to remain present in the here and now
- Be aware of/and embrace all emotions
- Reduce stimulation/quiet your mind
- Take advantage of time off opportunities

Thank You