Suicide Prevention 101 for Staff & Faculty

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Goals

★ Learn about suicide in the USA and in New Mexico
★ Feel more comfortable talking about suicide
★ Know warning signs that a person may be thinking of suicide
★ Be ready to make referrals when a person is in crisis
42,773 people died by suicide in the USA in 2014
Facts About Suicide

★ The equivalent of 14 9/11 attacks a year
★ More than 1,300 times as many people die by suicide as die in terrorist attacks in a typical year
★ More than 2 times as many people die by suicide as by murder
★ More people die by suicide than die in car accidents (~43k versus ~33k)
★ But which of these issues do we talk about?

References
Facts About Suicide

★ No. 10 leading cause of death in the USA
★ No. 2 leading cause of death for young adults ages 15-24

References
Facts About Suicide

★ New Mexico is no. 3 in the nation for highest suicide rate
★ About 1.2 people die by suicide on average each day in New Mexico

References
Survivors of Suicide

★ For each person who dies by suicide, an estimated **18 people** experience a major life disruption
★ Over **750,000 people** become suicide loss survivors each year
★ There are about **15 million** suicide loss survivors in the USA
★ Nearly **1 in 20 Americans** has lost a close loved one to suicide

References
Suicide Demographics

- Women have higher suicide attempt rate; men more likely to die by suicide
- Middle-aged people (45-64) have the highest rate among age groups
- White and Native American rates higher; Black, Latino and Asian American rates lower
- Other groups especially likely to be affected include:
  - Veterans
  - LGBTQ people
  - People with a history of mental illness
  - People who have lost a loved one to suicide

References
How can you know if someone is thinking of suicide?
Red Flags

★ The only way to know if someone is considering suicide is to ask them
★ Red flags can help us know when to ask
★ Pay special attention to recent changes
Red Flags

⭐ Feelings of hopelessness and purposelessness
⭐ Anxiety and agitation
⭐ Problems with sleep (too much or too little)

References
Red Flags

- Increased substance use
- Withdrawal from relationships
- Giving away possessions

References
Red Flags

⭐ Mood changes
⭐ Reckless behavior
⭐ Talking about suicide or wanting to die

References
Know the Warning Signs

I Ideation
S Substance Abuse
P Purposelessness
A Anxiety
T Trapped
H Hopelessness
W Withdrawal
A Anger
R Restlessness
M Mood Changes
?

http://www.suicidology.org/resources/warning-signs

#ItsMyBusiness

If you or a friend is in danger, call the National Suicide Prevention Lifeline, 1-800-273-TALK (8255)
What can you do if you are worried someone is thinking of suicide?
Suicide Prevention

★ Ask how the person is doing
★ Ask about social support
★ Ask about suicide
Suicide Prevention

★ You will not put someone at risk of suicide by asking about it
★ People in crisis are often desperate to talk to someone
★ You don’t have to be a professional to help
Suicide Prevention

★ Show compassion
★ Let them know it is ok to get help
★ Refer to resources
★ Ask for help for yourself too!
When Someone Is In Crisis

★ Get help right away
★ If a student is in crisis, contact SHAC
★ If someone is in immediate danger, call 911


### Crisis Lines

**Agora Crisis Center**
- 505-277-3013 (in the Albuquerque area)
- 855-505-4505 (toll-free outside of Albuquerque)
- www.agoracares.org
- All-issue helpline
- Free & confidential
- Anyone can call for any reason
- Chat available via website

**National Suicide Prevention Lifeline**
- 1-800-273-TALK (1-800-273-8255)
- http://www.suicidepreventionlifeline.org/
- For callers in crisis
- Free & confidential
- Someone will always answer (routed through national network)
- Chat available via website

**Veterans Crisis Line**
- 1-800-273-TALK (1-800-273-8255) and press 1
- Text message 838255
- www.veteranscrisisline.net
- For veterans
- Free & confidential
- Someone will always answer (routed through national network)
- Chat and text messaging available

**Trans Lifeline**
- 877-565-8860
- www.translifeline.org
- For people who are trans, nonbinary and/or questioning
- Free & confidential, call for any reason
- All line operators are transgender
- Check website for hours
UNM Resources

Student Health & Counseling
505-277-3136
www.shac.unm.edu
Services for students

Counseling, Assistance & Referral Services
505-272-6868
www.cars.unm.edu
Services for staff

Manzanita Counseling Center
505-277-7311
Free counseling services, open to community

UNM Psychology Clinic
505-277-5164
Low-cost and sliding-scale services, open to community

UNM Hospitals
Psychiatric Center 505-272-2800
Psychiatric emergencies 505-272-2920
Main hospital (non-emergency) 505-272-2111
Adult Emergency Center 505-272-2411

UNM Police Department
In an emergency, call 911
Non-emergency dispatch 505-277-2241
Can escort people to hospital in a suicide crisis
Simple Steps

★ Display an Agora poster in your office
★ Stock Agora referral cards
★ Keep referral info list handy
★ Be open about your own experiences
★ Consider attending a suicide first aid workshop
You can save a life by starting a conversation.
Questions?