



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

- Drapeau, C. W., & McIntosh, J. L. (for the American Association of Suicidology). (2015). U.S.A. suicide 2014: Official final data. Washington, DC: American Association of Suicidology, dated December 22, 2015, downloaded from <http://www.suicidology.org>.
- Murphy SL, Kochanek KD, Xu JQ, Arias E. Mortality in the United States, 2014. NCHS data brief, no 229. Hyattsville, MD: National Center for Health Statistics. 2015.

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

- Drapeau, C. W., & McIntosh, J. L. (for the American Association of Suicidology). (2015). U.S.A. suicide 2014: Official final data. Washington, DC: American Association of Suicidology, dated December 22, 2015, downloaded from <http://www.suicidology.org>.
- Murphy SL, Kochanek KD, Xu JQ, Arias E. Mortality in the United States, 2014. NCHS data brief, no 229. Hyattsville, MD: National Center for Health Statistics. 2015.

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

- Drapeau, C. W., & McIntosh, J. L. (for the American Association of Suicidology). (2015). U.S.A. suicide 2014: Official final data. Washington, DC: American Association of Suicidology, dated December 22, 2015, downloaded from <http://www.suicidology.org>.
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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

- Drapeau, C. W., & McIntosh, J. L. (for the American Association of Suicidology). (2015). U.S.A. suicide 2014: Official final data. Washington, DC: American Association of Suicidology, dated December 22, 2015, downloaded from <http://www.suicidology.org>.
- Murphy SL, Kochanek KD, Xu JQ, Arias E. Mortality in the United States, 2014. NCHS data brief, no 229. Hyattsville, MD: National Center for Health Statistics. 2015.

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

American Association of Suicidology. (n.d.). Facts & statistics. Retrieved from <http://www.suicidology.org/resources/facts-statistics>

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

American Association of Suicidology. (n.d.). Warning signs & risk factors. Retrieved from <http://www.suicidology.org/ncpys/warning-signs-risk-factors>

Red Flags

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

References

American Association of Suicidology. (n.d.). Warning signs & risk factors. Retrieved from <http://www.suicidology.org/ncpys/warning-signs-risk-factors>

Red Flags

- ★ Mood changes
- ★ Reckless behavior
- ★ Talking about suicide or wanting to die

References

American Association of Suicidology. (n.d.). Warning signs & risk factors. Retrieved from <http://www.suicidology.org/ncpys/warning-signs-risk-factors>

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



AMERICAN ASSOCIATION
OF
SUICIDOLOGY

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?