

Super Powers, Suicide, and Speaking Life

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National
Benevolent
Association
CALLED TOGETHER | CALLED TO CARE



What is Suicide?

- Suicide - death caused by self-directed injurious behavior with the intent to die
- Suicidal Ideation - thoughts, plans or unusual fixation with suicide
- Died By Suicide, Completed - instead of "committed"
- Suicide Contagion - the process by which exposure to suicide, or suicidal behaviors of another, triggers suicidal ideation for witnesses

What is Suicide? (continued)

- Survivor - a person who has experienced the suicide of a family member, friend, or peer group. A person who attempts suicide but does not die.
- Postvention- programs and interventions for survivors following a death by suicide. These activities help alleviate the suffering and emotional distress of suicide survivors and help prevent suicide contagion.

Suicide Frequency

Suicide rate has increased 24%

10th leading cause of death in U.S.

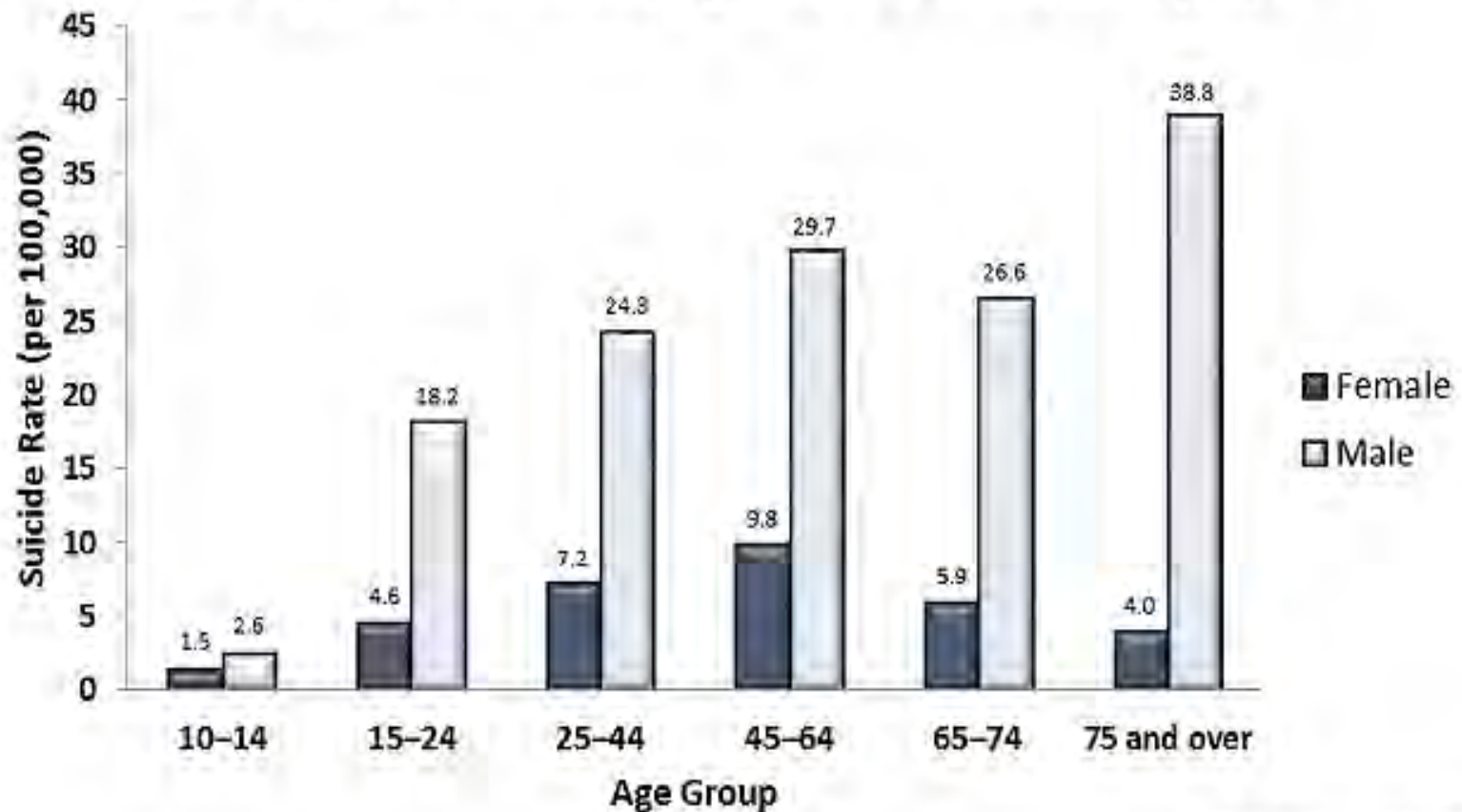
3rd leading cause of death in ages 10-14

2nd leading cause of death in ages 15-34

25 suicide attempts / 1 death

By Age

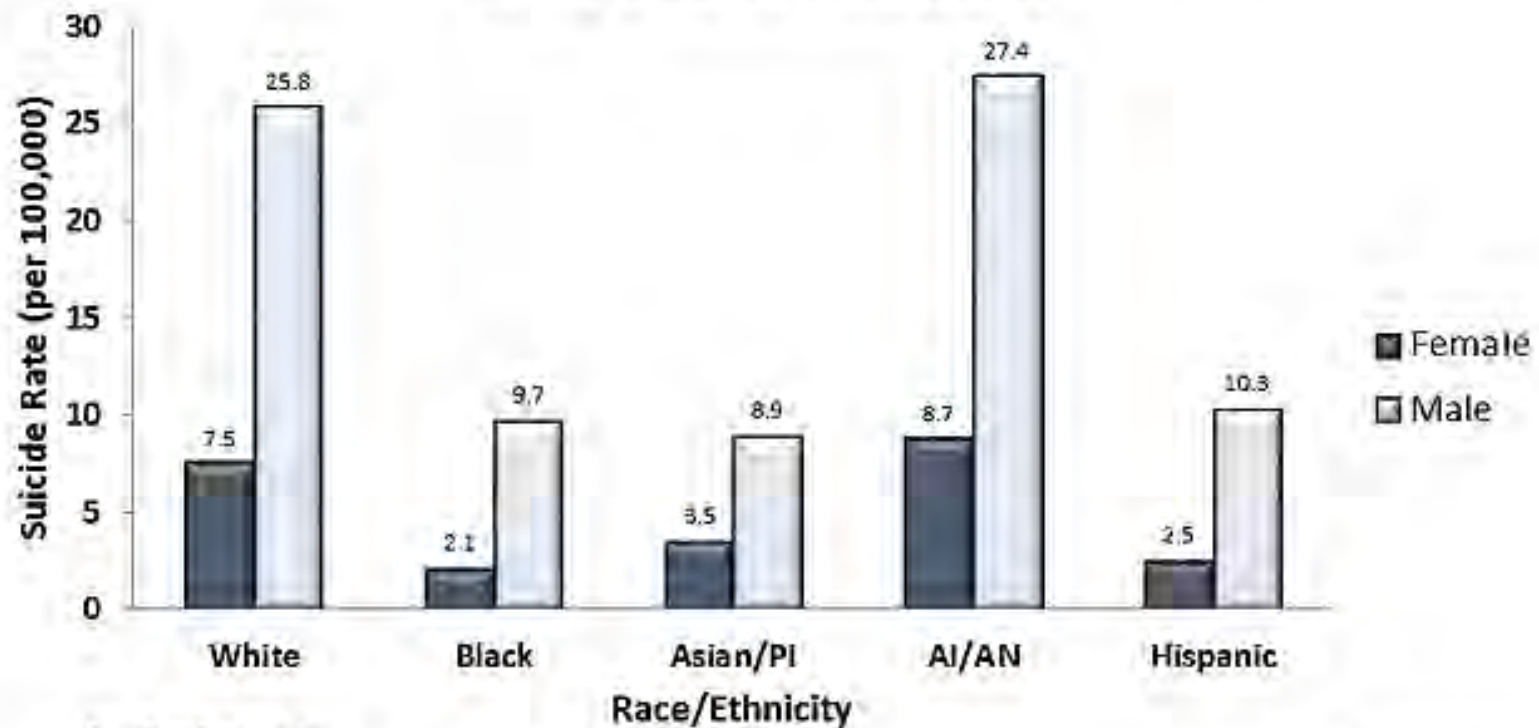
Figure 2. Suicide Rates by Age in the United States (2014)



Data courtesy of CDC

By Race/ Ethnicity

**Figure 3. Suicide Rates by Race/Ethnicity
in the United States (2014)**



PI = Pacific Islander

AI/AN = American Indian/Alaska Native

Data courtesy of CDC

By Gender / Sexual Orientation

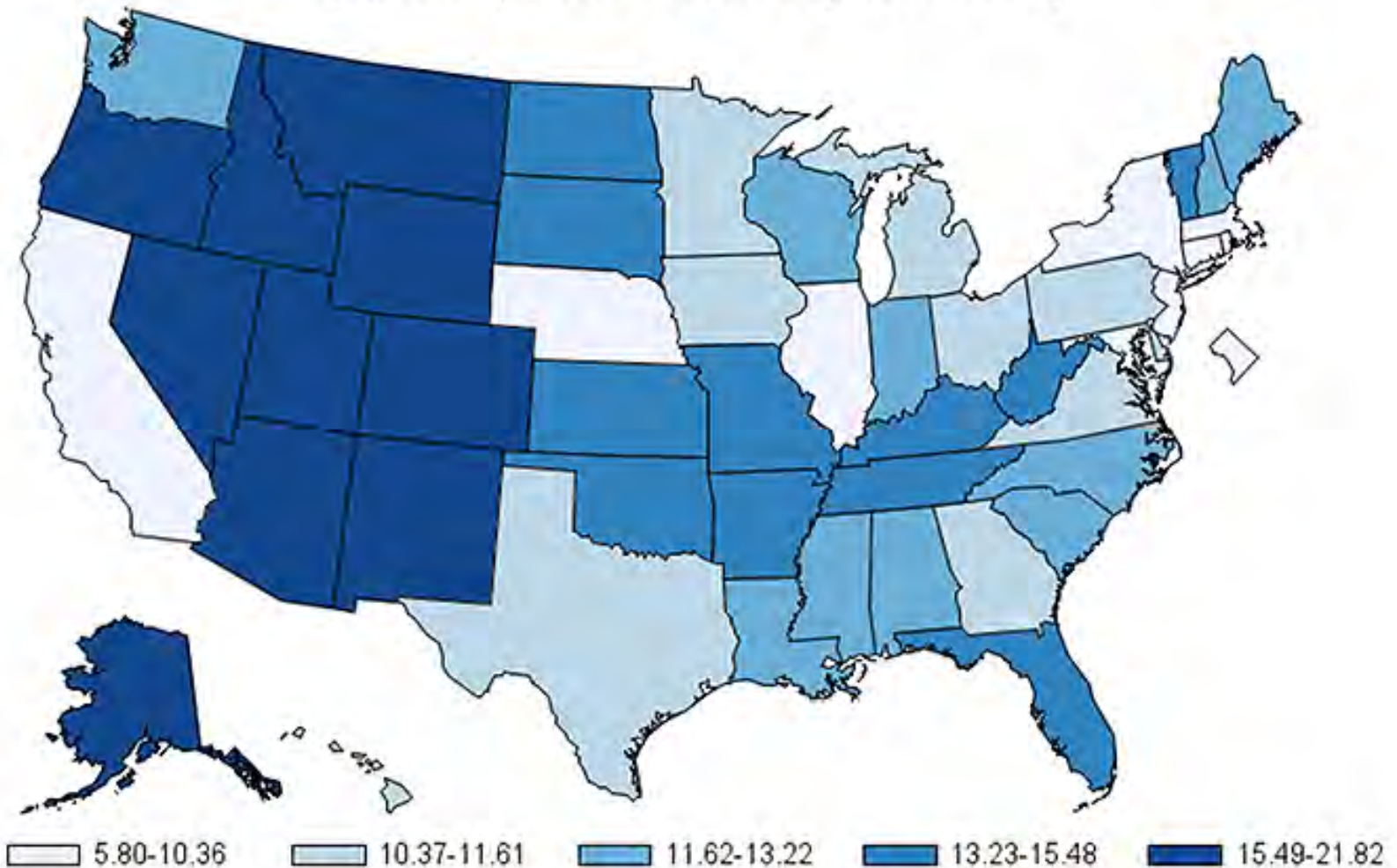
Males are 4x higher to complete suicide.
Females are more likely to have suicidal thoughts, 3x more likely to attempt suicide, and experience depression 2x the rate of men. **Girls** are more likely to report attempting suicide than boys.

By Gender / Sexual Orientation

LGBT+ youth are **3x more** likely to attempt than heterosexual peers
2-3x more likely to complete
41% of trans adults attempt
61% transgender adult victims of physical abuse attempted
8x more likely to attempt when rejected by family

By State

Figure 4. Suicide Rates in the United States (by state; per 100,000; average 2004-2010)

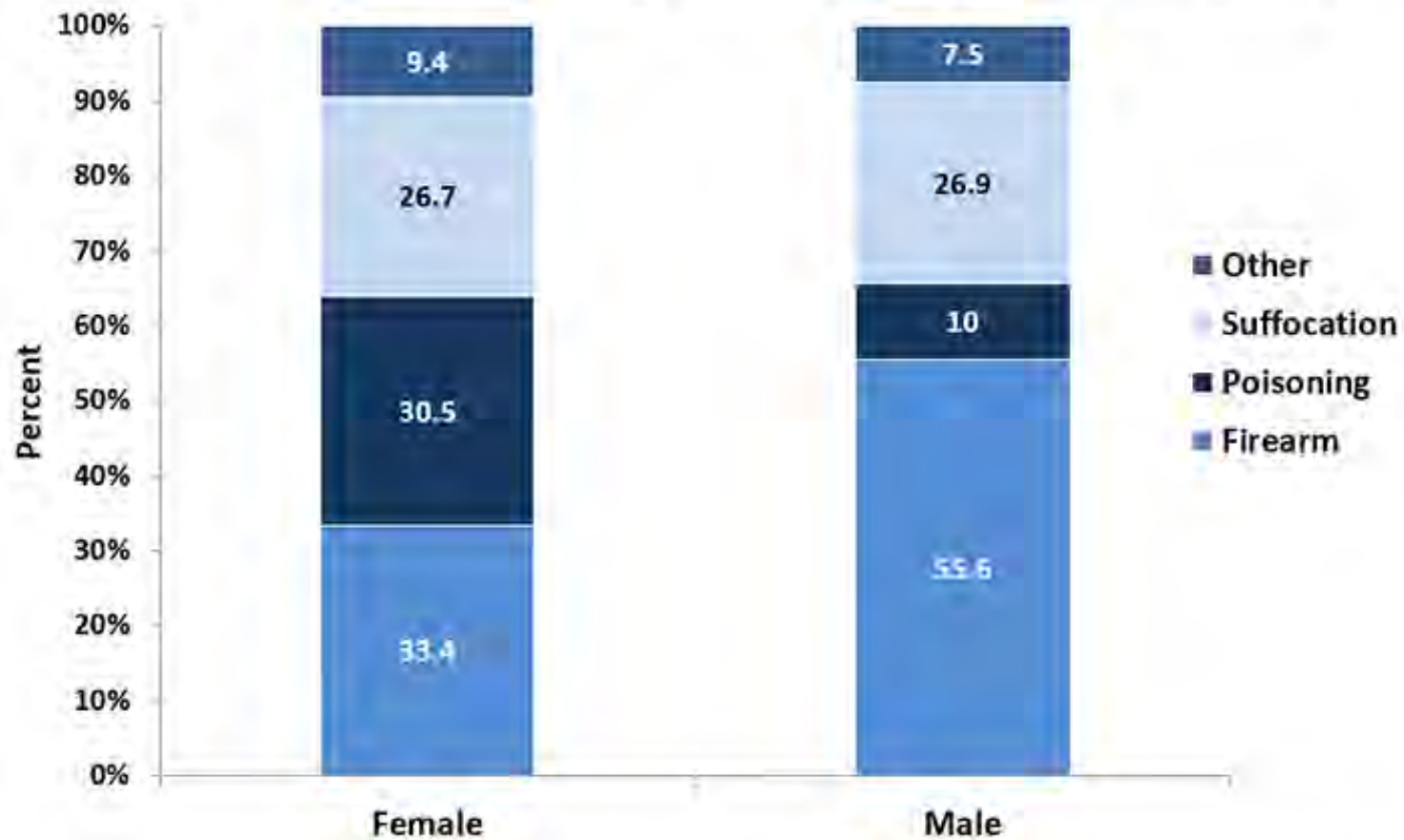


Note: Reports are age-adjusted and include those of unknown age.

Data courtesy of CDC

By Method

Figure 5. Suicide Deaths by Method in the United States (2015)



Called to Care



Believe

Discern

Act

What Do You Believe?

Avoid thinking that someone who is suicidal wants to die.

Suicidal ideation can be a temporary state of mind.

Once a person is suicidal, he or she is not necessary suicidal forever. Suicidal ideation is reversible.

Suicide is not inherited. It is a reaction to deeper pain.

Suicidal people are not crazy. Suicidal people are hurting.

Suicide is no respecter of economic level or social identity.

Love cast out all fear.

Hope overcame the grave.

What Do You Discern?

- Am I fearless?
- Am I hopeful?
- What are the risk factors?
- What are the warning signs?
- Who needs to be involved?





Risk Factors

Physical or Substance Abuse

History of Depression or MI

Family History of Suicide

History of Suicide Attempts

Access to Lethal Methods

Stressful Event or Loss



4 out of 5

teens give warning signs

75%

exhibit suicide warning signs

80%

**want others to know of their
emotional pain to stop
them**



Warning Signs

Prior Suicide Attempts

Planning or Talking About Suicide

Increased Drug & Alcohol Use

Giving Away Prized Possessions

Depression, Hopelessness

Preoccupation w/ Death

Who Needs to Be Involved?

Questions To Ask:

1. Are you having any thoughts of hurting or killing yourself?
2. How would you do this? Have you taken any steps toward this?
3. What has held you back (what would keep you from going there?)
4. Who can you contact for help?



How Do You Act?



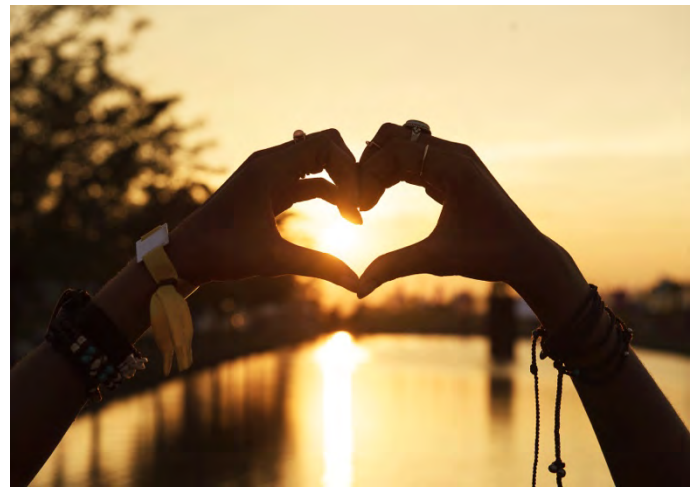
Care Bear Stare Time...

What To Do

- Make sure our commitment is consistent.
- Always show that you are concerned about them.
- Avoid assuming suicidal ideation is attention seeking.
- Listen without judgment, ask about their feelings, and avoid trying to come up with a solution to their problem.

What To Do (continued)

- Be willing to push through any walls they might have.
- Ask about suicide directly without being confrontational.
- Never keep talk of suicide a secret or shame suicidal ideation.



SPEAK LIFE!



DO Say...



DON'T Say...

Do Say...

I believe your pain is real, it's not just in your head.

I don't understand what you are going through, but I want to.

Your true experience / your pain, won't hurt me.

Take as much time as you need to heal. You don't have to rush to get better. These things take time. You shouldn't feel guilty about it.

You are not crazy, weak, or stupid.

We will walk with you.

We can find help for you.



Stay. Don't leave. You are valued and needed.

I want to help you stay safe. Let's think about how to do that.

You are loved by God even if you cannot know that or feel that now.

We will hope for you. That is, we will carry you in hope, until you can hope again.

Take time to take care of yourself, tend to yourself.

I am here for you.

Let me help.

I can commit to...

You are not alone.

You matter.



Don't Say...

You're being selfish.

No one ever said life was fair.

Stop feeling sorry for yourself.

You're doing this to yourself.

Try not to be so depressed.

Snap out of it.

God won't give you more than you can handle.

You'll be all right, just get some sleep.



I think your depression is a way of punishing us.

Believe me, I know what it's like--I was depressed for several days.

Have you tried chamomile tea?

Get Help: Resources

CRISIS TEXT LINE |

Text HELLO to 741741
Free, 24/7, Confidential



NATIONAL
SUICIDE
PREVENTION
LIFELINE™

1-800-273-TALK
www.suicidepreventionlifeline.org

The “Life” Pledge



I pledge to speak life regardless of my environment, situation or circumstance. I pledge to be conscious of my inner thoughts and aware of how I treat myself to make choices every day that respect myself, my life, and the life of others. I pledge to BE a Lifer and speak life to every one who crosses my path, including myself. And I pledge to never hurt myself intentionally and ask for help when I'm struggling, and help others who might be struggling, too.

Q&A? Thank You!

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nbacares.org/mental-health



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