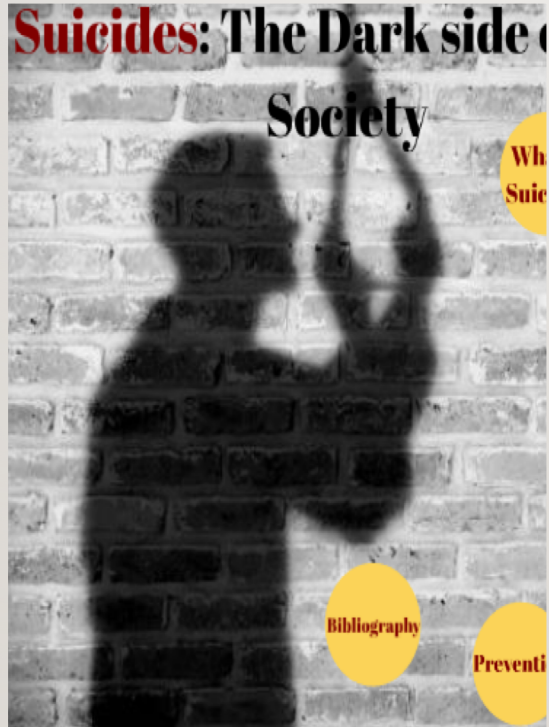


MODULE 3: SUICIDE

Lesson3: suicide prevention



SUICIDE



- Suicide is the act of taking one's own life voluntarily and intentionally.
- Suicide is a serious public health problem that causes immeasurable pain, suffering and loss to individuals, families and communities nationwide.
- Every suicide attempt affect other individuals. Family members, friends and co Workers suffers from long lasting consequences of suicidal behavior. Suicide is a subject of shame for many people. Because of the stigma that still exist concerning mental disorders, many people who need help do not seek it. It is very hard to treat families who are suffering the consequences of suicide.



CAN BE PREVENTED



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- Suicide can be prevented. Professional intervention from a mental health professional are frequently needed.
 - The caregiver is the first person to know if the individual is thinking about suicide. Identifying a person with suicidal thoughts and connecting with need help can successfully prevent a tragedy.

National Suicide Prevention Week

September 10 – 16, 2023



FACTS ABOUT SUICIDE

- Every year 45, 979 American die by suicide
- The ratio of suicide is highest in middle age , white men in particular
- Man die by suicide 3.9x more often than women
- Females are 1.8x more likely to attempt suicide than males
- In 2020, the highest suicide rate was among adults 85 years or older. The second highest rate occurred in adult between 75 and 84 years of age
- The ration of suicide attempt to suicide death in youth is estimated to about 25:1 compared to about 4:1 in the elderly

WHAT LEADS TO SUICIDE



- There is no single path that leads to suicide. Suicide is a complex outcome that include family , peers, social life, culture, economic and physical environment. A combination of factors such as mental disorder, substance use disorder, a painful loss exposure to violence or social isolation and more.
- suicide the leading cause of death among people with substance use disorder.
- Suicide is more common when stress is greater than an individual's abilities to cope with mental disorder. Untreated conditions like depression, anxiety and substance use problems may increase the risk of suicide.

WARNING SIGNS



- Caregivers need to pay attention to what individuals with mental health say like Being burdened to others, Feeling trapped, Experiencing unbearable pain, Having no reason to live, and Ending their life.
- And caregivers need to pay attention to what the individual with mental health do like increased substance use, looking for way to end their life, acting recklessly, withdrawing from friends or social activities, isolating from family and friends, sleeping too much or too little, visiting or calling people to say goodbye, giving away prized possessions, aggression,
- Caregivers try to catch the bad feeling the client with mental disorder like depression, loss of interest, rage, irritability, humiliation, anxiety, worthless, empty, lacking purpose, trapped, alone, hopeless, anger, and mood changes.

RISK FACTORS



- Health: Mental disorders, substance use disorder, serious or chronic health condition/pain, emotional instability, poor coping skills, introversion, sensory impairment, and functional impairment.
- Environment: stressful life events (death, divorce, financial/legal difficulties, relocation stresses or job loss), prolonged stress (harassment, bullying relationship problems and unemployment), access to lethal means (firearms and drugs), exposure to another person's suicide, previous suicide attempts, and family history of suicide attempts, suicidal thoughts and mental disorder.
- A previous suicide attempt is a known predictor of suicide.

TALKING ABOUT SUICIDE



- If you think that someone is thinking about suicide, assume that you are the only one who will reach out.
- Tips: Talk to them in private, listen to their story, tell them you care about them, ask directly if they are thinking about suicide ask what has helped them before when they had suicidal thoughts, encourage them to seek treatment or to contact the doctor or therapist.
- Avoid: debating the value of life (life is too precious), minimizing their problems (it is so bad), giving advice (if I were you, I would...)



WHAT YOU CAN DO

988 Suicide & Crisis Lifeline



CHAT WITH LIFELINE

- Monitor for safety
 - Take any threat of suicide seriously
 - Be aware of the risk factors for suicide
 - Help them remove lethal means (knife)
 - create a safe environment to talk about suicide
 - create crisis /risk management plan before a crisis occurs
 - Call or text 988 suicide and crisis lifeline number (1-800-273-8255)
 - Notify 911 if necessary if the person is in danger of attempting to kill themselves
 - Learn about available community resources and develop relationship in your community
- Notify the doctor
 - Stay with the person
 - Notify your supervisor

TREATMENT FOR THE SUICIDAL INDIVIDUAL

- A suicidal individual may require hospitalizations to keep them safe. Call 911
- A suicidal person may have thoughts of wishing they were dead but not have a plan to harm themselves.



AFTER SUICIDE



- After suicide call 911. because suicide is considered an unnatural death, the authorities required to investigate. As part of the investigation the police will want to question you. You should cooperate with them.
- You must also notify the department and notify your supervisor immediately. You must notify the complaint resolution Unit (CRU)/Residential Care Services (RCS) hotline at 1-800-562-6078





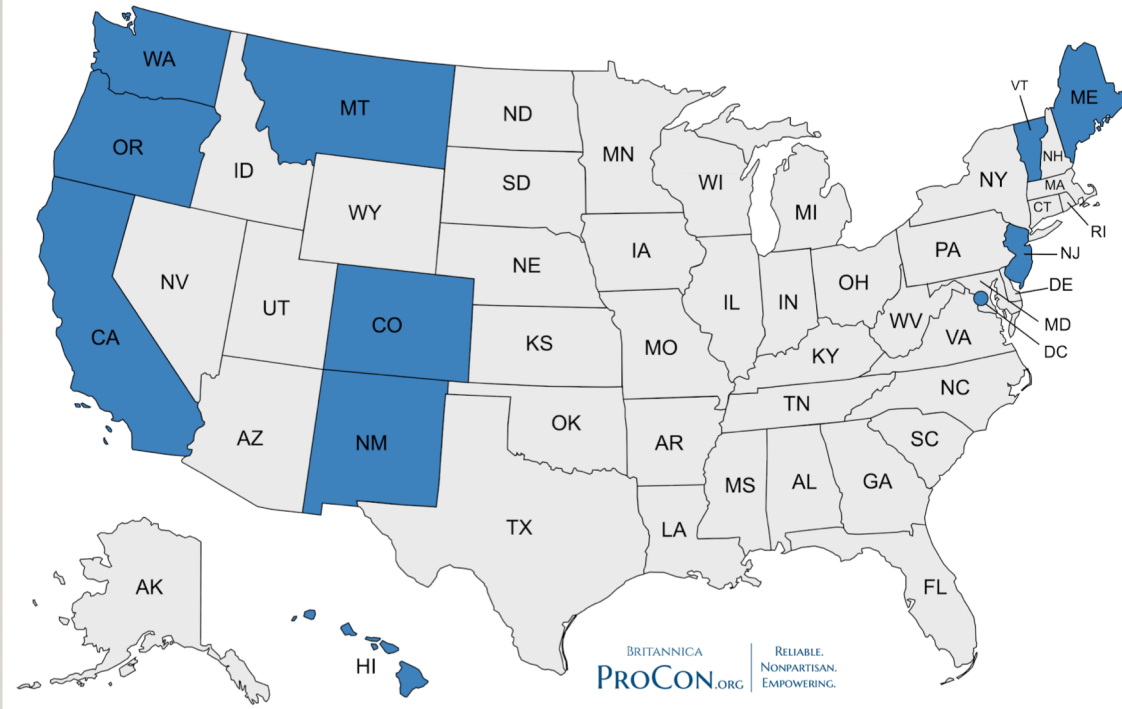
RESOURCES FOR LOSS SURVIVORS

- Find support:
 - Search on the internet survivor support group
 - Schedule time with a suicidal bereavement trained clinician
- Talk about suicide: don't be ashamed
- Encourage help –encourage other to seek help if they are feeling depressed or having suicidal thoughts.
 - We are always here to help you, there are effective treatment to help people,



States and DC with Legal Medical Aid in Dying (MAID)

DEATH WITH DIGNITY



10 States and DC Have Medical Aid in Dying (MAID)

- 9 states (CA, CO, HI, ME, NJ, NM, OR, VT, and WA) and DC legalized Medical Aid in Dying (MAID) via legislation
- 1 state (MT) has legal Medical Aid in Dying (MAID) via court ruling

- Washingtonians have the right to a full range of options for care at the end of life, including medical-aid-in-dying.
- Medical aid in dying (MAID) is a practice in which a physician provides a competent adult with a terminal illness with a prescription for a lethal dose of a drug at the request of the patient, which the patient intends to use to end his or her life.

GRIEF SUPPORT



- Grief: a universal, instinct based response to loss.
 - Emotional, physical, cognitive, behavioral, social and philosophical
 - Can be overwhelming and you might experience a range of unexpected emotions.
- Having support of other people is vital to the healing from loss.
 - Express your feeling to others when you are grieving
 - Do not isolate yourself



WAYS TO COPE

Bereavement



Bereavement is a word used to denote grief, pain and sadness following the loss of a loved one

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- Be patient with yourself
- Allow yourself all the time you need to grieve
- Face your feeling. Unresolved grief can lead to complications such as depression, anxiety, substance use disorder, and health conditions.
- Seek out people who are willing to listen when you need to talk and who understand your experienced
- Turn to friends and family members
- Make health choices in eating, exercise and get plenty of rest
- Draw comfort from your faith if you follow a religious tradition.



WHEN TO SEEK PROFESSIONAL HELP



- Feel like life is not worth living
- Wish you had died with the individual
- Blame yourself for the loss or for failing to prevent it
- Feel numb and disconnected from others for more than a few weeks
- Are having difficulty trusting others since the loss
- Are unable to perform your normal daily activities.

NATIONAL AND STATE SUICIDE AND CRISIS HOTLINES



- 988 suicide and crisis lifeline provides 24/7 free and confidential text and voice support for people in distress prevention and crisis resources for your loved ones and best practice for professionals

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- <https://www.google.com/url?sa=i&url=https%3A%2F%2Feuthanasia.procon.org%2Fstates-with-legal-physician-assisted-suicide%2F&psig=AOvVaw2K2DoHCnAkdFg9FbG3TI27&ust=1696577127205000&source=images&cd=vfe&opi=89978449&ved=0CBAQjRxqFwoTCPjR37iw3oEDFQAAAAAdAAAAABAE>
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