

Understanding Depression

Preventing Suicide

Regaining Perspective

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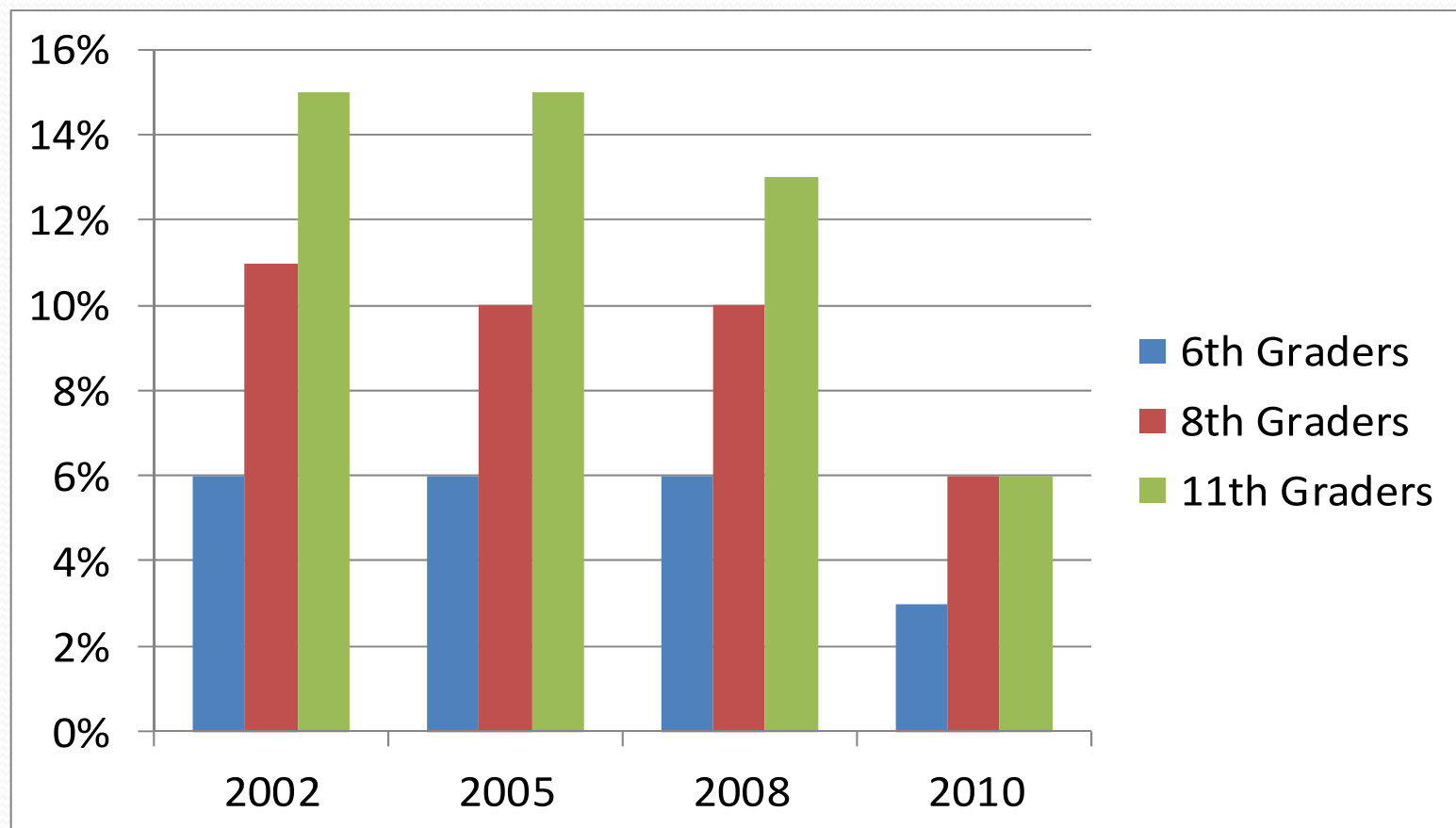


Youth Suicide - Perspective

- Average of 332 Iowans die of suicide each year - 2009= 356 kids 19 and younger (IA DPH – Vital Stats)
- IYS – 2010 – 5% (1342) of 6th & 11% (2982) of 8th grade respondents reported having “made a plan for how to kill themselves.”
- IYS – 2010 – 3% (805) of 6th & 6% (1626) of 8th grade respondents reported having “tried to kill themselves.”
- 2nd leading cause of death among 15 – 19 year olds in Iowa
- 3x as many teenage girls attempt.
- 5x as many teenage boys complete.

Iowa Youth Survey – State Results

One or more suicide attempts



Warning Signs...

- Suicide can be prevented – there are often warning signs or **RED FLAGS**.
 - Depression – Mood – Loss of Interest – SIGECAPS.
 - Isolation – hopeless - helpless
 - Increased **alcohol** – **drug use**
 - Increased risk taking – **impulsivity**
 - Lack of future orientation
 - Rage – anger
 - Change in disposition, attitude/mood vs. baseline
 - Overt Threats of Suicide – Plans - Methods



Suicide Ideation - What to do...

- Seek Professional Help - over 90% of people who complete suicide suffered a treatable mental health disorder.
- Past Attempts - 25-50% of completers had previous attempt – descends over time – (NIMH).
- Take it Seriously -50 – 75% of completers gave some warning sign to friends/family (AFSP).
- Supervision - Facebook – report comments.
- Be willing and able to Listen – “stability” vs. “change” response.



What to do – right now...

- If you are with someone you believe is at risk of imminent harm:
 - Do not leave the person **and** summon help.
 - Restrict access to lethal means (e.g. weapons, pills, etc.)
 - Ask the question – “Are you thinking about killing yourself?” Patiently - wait and listen for the response.
 - Get the person to a Behavioral Access facility or ER
 - Call National Suicide Prevention Lifeline at **1-800-273-TALK (8255)** or 911.



Resources – 911 & beyond...

- Suicide Prevention Lifeline - 1-800-273-8255
www.suicidepreventionlifeline.org
- National Institute for Mental Health
www.nimh.gov
- American Foundation for Suicide Prevention
www.afsp.org
- National Center for Health Statistics
www.cdc.gov/nchs/
- Substance Abuse & Mental Health Services Administration – www.samhsa.gov



Resources...

- School or District Guidance & Student Service Professionals.
- Iowa Lutheran Access Center – 263-5249
- Mercy Franklin – 271-6111
- Iowa Health Counseling Centers – 241-2300
- Suicide Prevention Lifeline – 1-800-273-TALK (8255)



Thank you & Questions

