

How to Save a Life: Suicide Prevention Skills Everyone Can Use

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First, let's take a moment to acknowledge that people in this room may have prior experience with suicidal ideation...



If you need support during or after this brief presentation, please know help IS available. To get help, text or WhatsApp the word “Home” to 741741 and you will reach a volunteer Crisis Counselor.

24 hours a day, 7 days a week.

Why is this conversation important to have?

- Suicide is the third leading cause of death for adolescents (ages 15-24 years)
- Suicide is the second leading cause of death for younger adolescents (ages 10-15 years)
- New Mexico is ranked as the 4th highest state in the whole nation for deaths by suicide.

Sooner or later, suicide may impact your life or the life of someone you care about...

But have you heard...

Suicide is a PREVENTABLE way to die.

By starting the conversation, providing support, and directing help to those who need it, anyone can prevent suicides and save lives.

The New Mexico Department of Health (DOH) reported a small decline in the 2021 rate of suicide among kids, ages 5-18 years old, compared to the year before because...

Suicide Prevention works

...and YOU can learn ways to prevent suicide – in both yourself and those you care about.





By the end of this 15 minute presentation, you will know

4 important things...

1. The Warning Signs & Risk Factors to look for that may tell you someone is possibly thinking about suicide.
2. What to do for yourself, or a friend, if you are concerned about suicide.
3. Crisis Hotline Phone Numbers and other important resources you will need to help yourself, or a friend.
4. How to take care of yourself while helping others, too.

Myths About Suicide

MYTH: Talking about suicide or asking someone if they feel suicidal will encourage suicide attempts.

FACT: Evidence shows that providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can all take to help others. **NOT talking about the concern of suicide increases mental health stigma making it more difficult for a person to seek needed help.**

MYTH: Once a young person thinks about suicide, they will forever think about suicide.

FACT: Most young people who are considering suicide will only be that way for a limited period of their lives. Given proper assistance and support, they will probably recover and continue to lead meaningful and happy lives unhindered by suicidal concerns.

MYTH: Suicide attempts or deaths happen without warning.

FACT: The survivors of a suicide often say that they did not know how serious the risk was. It is more likely that the intention was just not recognized.

Know the Risk Factors

Risk factors are characteristics that make it more likely that someone will consider, attempt, or die by suicide. They can't cause or predict a suicide attempt, but they're important to be aware of.

- Mental disorders
- Alcohol and other substance abuse
- Hopelessness
- Impulsivity and/or aggression
- History of trauma or abuse
- Major physical illnesses
- Previous suicide attempt(s)
- Family history of suicide
- Job or financial loss
- Loss of relationship(s)

- Easy access to lethal means
- Local clusters of suicide
- Lack of social support and sense of isolation
- Stigma associated with asking for help
- Lack of healthcare, especially mental health and substance abuse treatment
- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
- Exposure to others who have died by suicide (in real life or via the media and Internet)

Know the Warning Signs

Some warning signs may help you determine if a loved one is at risk for suicide, ***especially if the behavior is new, has increased, or seems related to a painful event, loss, or change.***

If you or someone you know exhibits any of these, seek help right away.

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others

- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings
- Abusing drugs or alcohol

What Can I Do? Ask the question.

If you have a friend who's talking about [suicide](#) or showing other warning signs, don't wait to see if they start to feel better. Talk about it. Ask them directly if they're having thoughts of suicide. Having someone care enough to ask these questions can help save your friend's life.

Again, people worry that, by asking, they're planting the idea of suicide. Research has proven this to be 100% untrue. If you're worried about it — ask the question.

Asking someone if they're having thoughts about suicide can be hard. It can help to let your friend know *why* you're asking. **For instance, you might say, "I've noticed that you've been talking a lot about wanting to be dead. Have you been having thoughts about trying to kill yourself?"**

Be prepared for their answer and be ready to talk to a trusted adult at home or at school to get the help needed.

<https://www.bethe1to.com/bethe1to-steps-evidence/>



Be brave. Ask the question.

Most people who are thinking about suicide find immediate relief when a friend asks them about it.

If a Person Says They Are Thinking About Suicide Take the Person Seriously & Get Help Immediately

Someone considering suicide is experiencing a life-threatening mental health crisis and may not believe they need help, or can be helped...
but they do, and immediate help is available.

If they ask you not to tell anyone, or to keep it a secret, let them know you care about them and tell the person you want to help them get the support they need to stay safe – and that will probably involve enlisting the help of others who are trained to help.

Stay with the person and get help for them immediately.

Who to go to for immediate help:

- If you are at school, bring the person to a school counselor, social worker, or school nurse.
- If you are *not* at school, tell another trusted adult (i.e. parent, coach, youth group leader, etc.).

The important thing is to notify a responsible adult immediately.
It may be tempting to try to help your friend on your own, but it's always safest to get help.

If you ARE the responsible adult, call 988 for immediate assistance.

Other immediate help options:

These resources are **free** for you to use 24 hours a day, 7 days a week, 365 days a year.

Línea de Prevención
del Suicidio y Crisis: 988



CRISIS TEXT LINE |

Text HELLO to 741741

Free, 24/7, Confidential

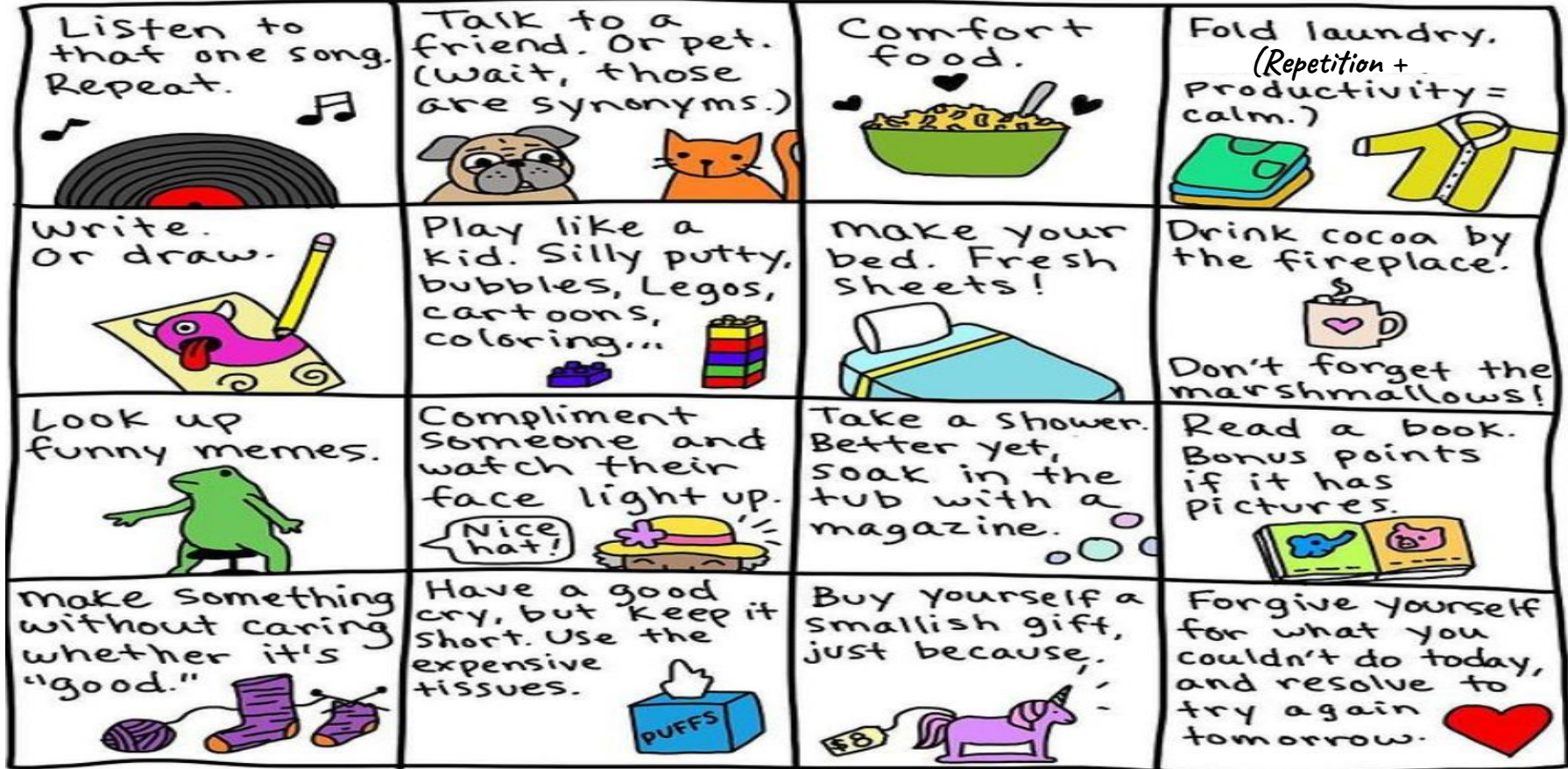
THE **TREVOR** PROJECT
LGBTQ CRISIS HOTLINE
CALL 1-866-488-7386



AGORA
CRISIS CENTER
Dial 1-866-HELP-1-NM

It can be a *lot* of work caring for others.

Take time to care for yourself, too



References

1. CDC.gov Centers for Disease Control and Prevention (CDC)
2. www.nmhealth.org/news/information “Youth suicide rates decline in New Mexico” 9/8/22
3. 988lifeline.org
4. thetrevorproject.org
5. <https://www.bethe1to.com/bethe1to-steps-evidence/>
6. <https://www.saysomethingfoundation.org/>
7. <https://sfpsmom.com/teaching-kids-self-care/>