



PEERS HELPING PEERS  
COHORT 5

# Suicide Prevention

“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition, inspired, and success achieved.” — Helen Keller



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# Learning Agenda

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# What is Suicide??

Is it more than just a state of mind?



***Suicide*** is death caused by injuring oneself with the intent to die.

***Suicide Prevention*** is a collection of efforts to reduce the risk of suicide. These efforts may occur at the individual, relationship, community and social level. Suicide is often preventable.

Suicides among young people continue to be a serious problem.

Suicide is also the 2nd leading cause of death for children, adolescents, and young adults ages 15-to-24- years old.

The majority of kids and adolescents who attempt suicide have a significant mental health disorder, usually depression.

Depression symptoms are suggested to be treatable.

Negative mental health can lead to suicide.

# Mission Statement



We are interested in increasing suicide prevention rate and additionally, we would like to expand resources that provide supports for adolescent who experience anxiety and depression symptoms.

# Our Vision

## How We Plan To Address Suicide Prevention



### Who?

Adolescents (Middle to High School Community) despite demographic background, gender, or race



### Where?

Sacramento → Middle Schools and High Schools

- Rio Americano High School
- El Camino High School
- Edward Harris Jr Middle School



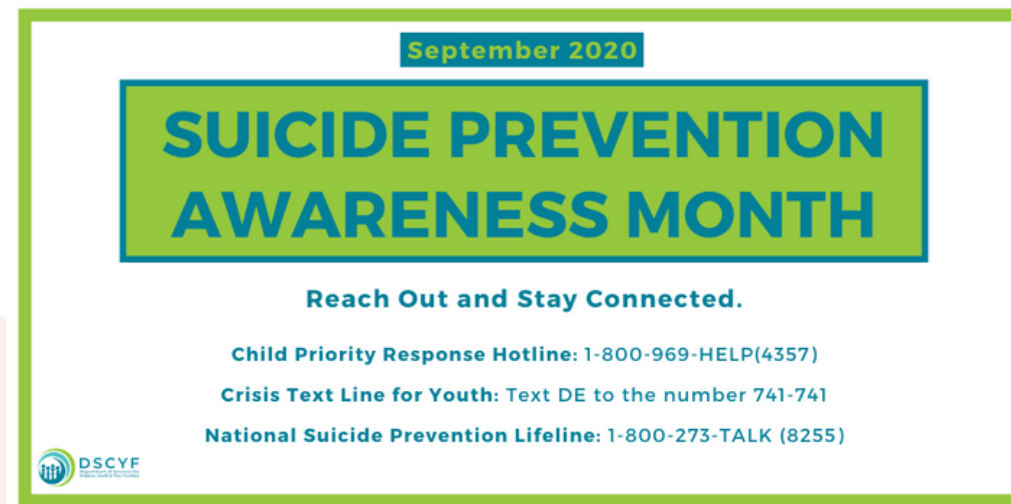
### What?

Raising awareness and increase prevention resources for youth so that adolescence feel comfortable talking about their mental health throughout various high schools and middle schools in the Sacramento region.



# Our Vision

## How We Plan To Address Suicide Prevention



### How?

- Have the surveys in schools in our communities (twice a week: one at the beginning and one at the end)
- Have a pop-up clinic once every week

### Why?

To help increase prevention:

- Primary: having students participate in mindfulness activities (meditation, journaling, reflecting, etc.) and bi-weekly check-ins through self-report
- Secondary: programs that reach out to the targeted audience and spreads

### Cont.

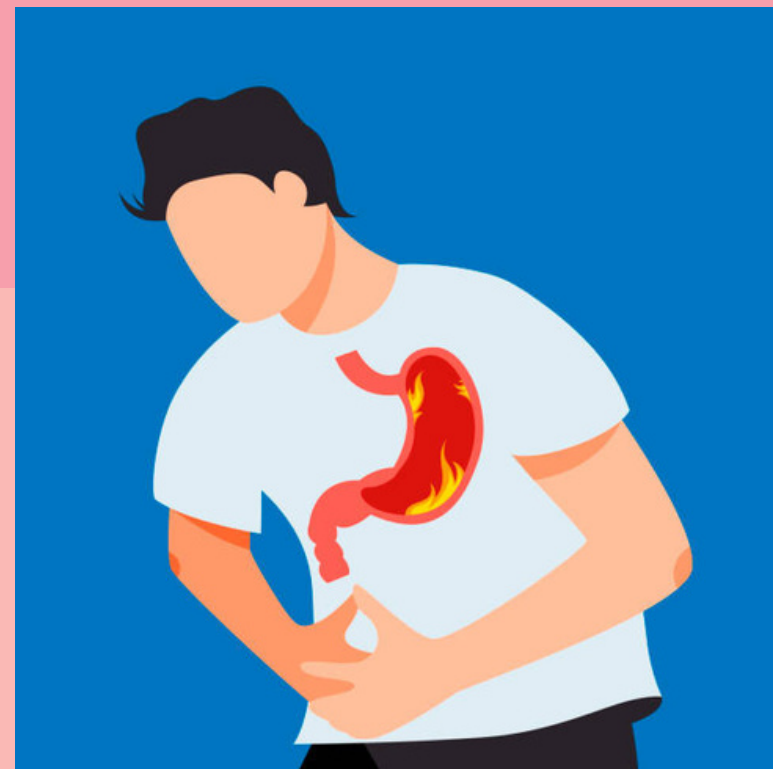
- awareness regarding recognizing when one is suicidal and providing the proper resources that will take immediate action.
- Tertiary: having teachers and staff be certified in youth mental health first aid so that they can recognize patterns and provide support

# QUESTIONS AT HAND





# CAUSES & EFFECTS



## **CAUSES**

Here are a list of causes suicide has on people:

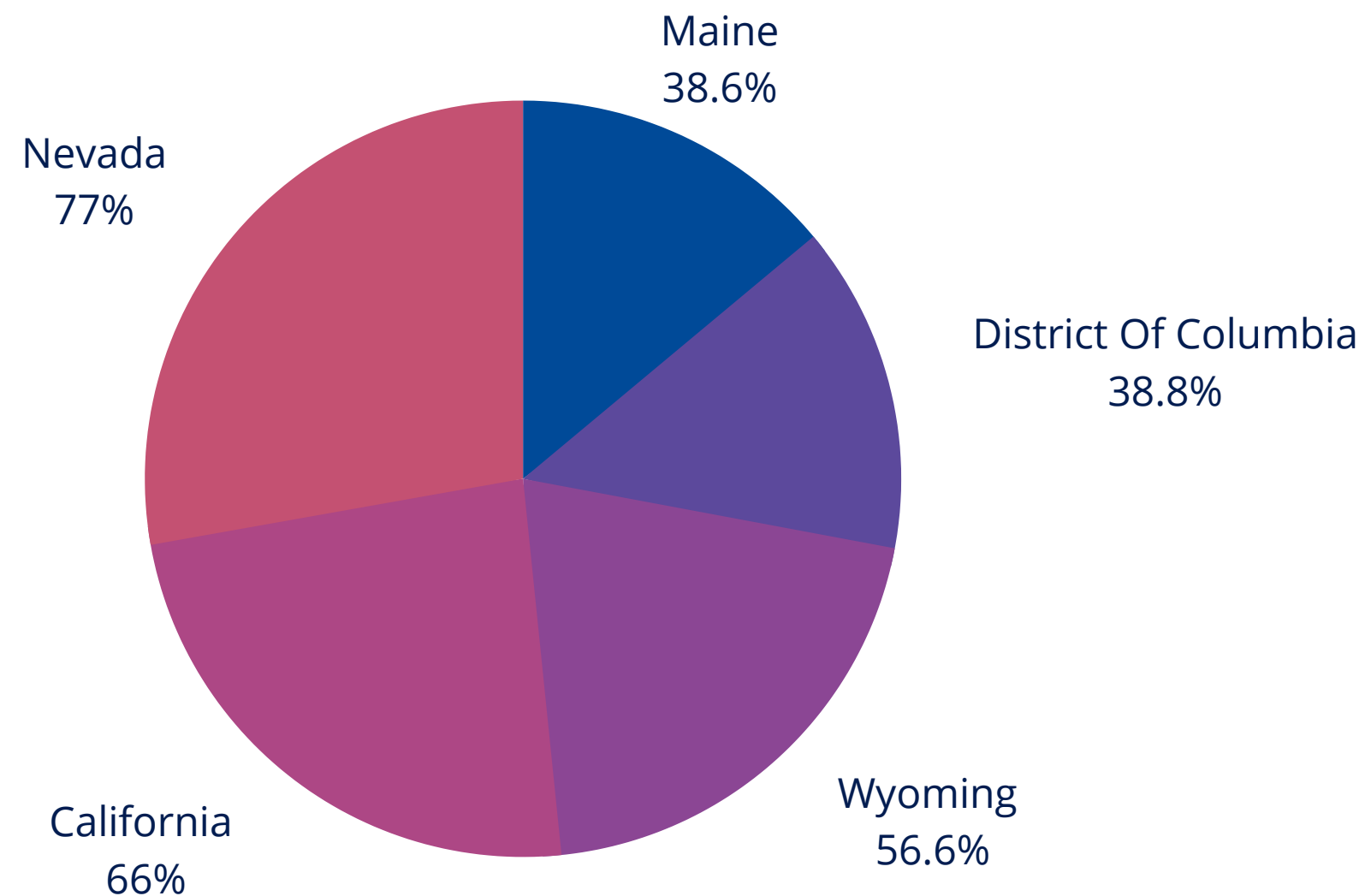
- Traumatic Stress
- Loss or fear of loss
- Hopelessness
- Chronic pain or illness
- Lack of support

## **EFFECTS**

Here are the effects of Suicide:

- Severe injury from self harm act (damage both physically and mentally)
- Regrets
- Other health conditions
- Potentially trauma from the act

# Quantitative Evidence



## According to National Institute Of Mental Health...

- In 2019, Suicide was the second leading cause of death among individuals between ages of 10 & 34.
- 4.8% of adults ages 18 and older in the United States had serious thoughts about suicide in 2019.
- in 2019, 0.6% of adults ages 18 and older in the united states report they attempted suicide in the past year.

## According to Mental Health America...

59.6% of youth with major depression do not receive any mental health treatment.

Youth experiencing MDE continue to go untreated. Even among the states with greatest access for youth, over 1 in 3 youth are still not receiving the mental health services they need.

The state prevalence of untreated youth with depression ranges from 38.6% in Maine to 71.0% in Nevada



# Prevention Infographics

## Suicide Prevention

HOW TO HELP SOMEONE WHO IS SUICIDAL

### KNOW THE WARNING SIGNS:

- ⊙ Talking about wanting to die or to kill oneself
- ⊙ Looking for a way to kill oneself (online or in person)
- ⊙ Feeling hopeless or having no purpose
- ⊙ Drug and/or alcohol abuse
- ⊙ Sleeping too little or too much
- ⊙ Acting anxious, agitated, or reckless
- ⊙ Showing rage or talking about seeking revenge



### ASK QUESTIONS:

- “Do you ever you think about suicide?”
- “Do you have a plan to commit suicide or take your life?”
- “Have you attempted suicide before?”
- “Have you thought about when you would do it (today, tomorrow, next week)?”
- “Have you thought about what method you would use?”
- “Are you seeing your doctor or mental health professional regularly and often?”

### Do's

- ✓ Let the person talk and LISTEN to them without judgement
- ✓ Reassure them that treatment and help is available
- ✓ Tell them what they are experiencing is treatable and that suicidal feelings are temporary

### Don'ts

- ✗ Don't try to minimize problems or shame a person into changing their mind
- ✗ Don't try to convince a person who is suicidal that "it's not that bad"
- ✗ Don't preach about suicide being right or wrong

## GET HELP!

A suicidal person should see a doctor or mental health professional immediately.

If the person has a plan to hurt or kill themselves and you fear they are in imminent danger:



CALL  
9-1-1

- \* Stay with the person
- \* Get them to the nearest Emergency Department

\* If you are not with them, keep the conversation going until you can connect them to help:

- o Ask questions about their plan
- o Listen to them
- o Reassure them that you are there for them and will help them find support

CRISIS TEXT LINE |

TEXT "HELLO" TO  
741741

A 24/7 texting service providing support for those in crisis.

## SOCIAL MEDIA



If a friend has posted suicidal content on Facebook, use the safety tool to get them help.



If a friend has posted suicidal content on Twitter, alert Twitter to get them help.

If you feel the person isn't in immediate danger, offer to work together to get help:

\* Contact the National Suicide Prevention Lifeline  
**1-800-273-TALK**



- \* Help them contact a mental health professional or go along to the first appointment.
- \* If you're in a position to help, don't assume that your persistence is unwanted or intrusive.
- \* Follow-up is important and make a plan to keep connected to the person

Brought to you by:



ANXIETY AND DEPRESSION  
ASSOCIATION OF AMERICA  
[www.adaa.org](http://www.adaa.org)



[www.save.org](http://www.save.org)

Help Prevent Suicide  
Let's save lives by stopping suicidal thoughts and behaviors before they start.

Suicide is a public health problem.



Preventing suicide is a priority for CDC.

Suicide is **preventable**.

By thinking beyond treatment alone to strategies that address the context and underlying factors, we can prevent suicide risk in the first place.

CDC has developed a **technical package** to help states and communities use the best available evidence to prevent suicide.



It is important to **monitor and evaluate** your efforts. Findings can be used to inform planning and enhance implementation.

**Be a part of the solution.**

[www.cdc.gov/violenceprevention](http://www.cdc.gov/violenceprevention)

Your prevention efforts may involve developing new partnerships or working across sectors.



Including:

Public Health, Business Labor, Health Services, Education, Veteran/Military, Government, Justice, Housing, Media, Community Organizations (Foundations, Faith-Based Groups, & More)

Help America reduce the suicide rate by **20% by 2025.**

Goal of the American Foundation for Suicide Prevention and National Action Alliance for Suicide Prevention.

## ACT NOW!

Use CDC's technical package to start or expand your suicide prevention efforts.

If you or someone you know is in crisis, please contact the National Suicide Prevention Lifeline.

Talk: **1-800-273-TALK** (8255)  
Chat: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Find more planning & prevention resources:  
[www.cdc.gov/violenceprevention/suicide](http://www.cdc.gov/violenceprevention/suicide)



# Community Resources

**California Department Of Health Care Services**

<https://www.dhcs.ca.org>

## **BETTER HELP**

[https://www.betterhelp.com/get-started/?help\\_with=Mental-health](https://www.betterhelp.com/get-started/?help_with=Mental-health)

## **Substance Abuse & Mental Health Services Administration**

<https://www.samhsa.gov/find-help/national-helpline>

1-800-662-HELP (4357)

## **NAMI**

<https://www.nami.org/help>

# Community Resources

**Stop Stigma Sacramento**

<https://www.stopstigmatasacramento.org/services/>

**Wanna talk about it?? | NETFLIX**

<https://wannatalkaboutit.com>

**Cal Hope**

(833) 317-HOPE (4673)

[calhopeconnect.org](http://calhopeconnect.org)

**Sacramento LGBTQ Community Center**

**tele-health counseling**

Monday-Friday, 10am-6pm

(916) 442-0185

<https://saccenter.org/mental-health>



# References

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THANK YOU

