

Suicide Prevention Program

Brought to you by Walking Man and



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Behavioral Health
Advocates

Caring for myself is not self-indulgence,
it is self-preservation.

Audre Lorde

Mental Wellness is not just a hope but is an inalienable right to be experienced by all. Our nation is stronger and safer when we pursue mental wellness as a goal.



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FACT:

Suicide is the second leading cause of death for people 15-24

Suicide Can Happen To Anyone

- Suicide crosses all socioeconomic, racial, cultural, environmental, and intellectual barriers.

alarming statistics

- Suicide is the **2nd leading cause of death** for people 15-24.
- More teens die from suicide in the 15-19 year old age group than the top 9 medical causes of death combined.
- **1 in 5 teens** have had a serious mental health issue
- 1 out of 12 students report having made a suicide attempt during the last year.
- The suicide rates for boys is nearly **5X** that of girls, yet girls attempt 4-5X as often as boys.

The Overview

- Introduction to mental health (ppt), facts and figures
- Safe classroom
- Life skills (for now & the future)
- *Walking Man* film
- Projects & activities, book
- How to be a safe place classroom
- Need help? 1-800-273-TALK



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Mental Health

- Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Suicide is nearly always accompanied by severe mental illness
- How do mental health and physical health relate?
- Why is it important to be mentally healthy?

Mental Health Conditions

- Could also be called mental illness
- Mental illness is a condition that impacts a person's thinking, feeling or mood
- Examples include: anxiety, bipolar disorder, depression, OCD
- worldlifeexpectancy.com is site that shows the effects of disease around the world, by nation, state and county. Mental Illness is not listed, but Suicide, Alcohol and Drug use are mentioned.

Why do Mental Health Conditions Occur?

Genetics, Environment, Lifestyle

- Stressful home life or job
- Traumatic events
- Biochemical processes and circuits; as well as basic brain structure

Suicide

- Suicide is the act of purposely ending ones own life.
- People with severe mental health conditions can feel hopeless or overwhelmed; they can become at risk for suicide.
- 90 % of people who die by suicide experience a mental health condition (*remember: mental health conditions are often treatable*).

Quote from the Walking Man Documentary

“Look at all of the legislation to make cars safer: seat belts, airbags, etc., yet we don’t have any legislation to make sure our youth are given information concerning their mental health.”



Suicide

Warning signs someone may be considering suicide

- Comments about killing themselves
- Increased or sudden alcohol and drug use
- Social withdrawal
- Dramatic mood swings
- Talking, writing or thinking about death
- Impulsive or reckless behavior
- Giving away possessions
- Mood becomes calm



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How and when to get help

- Get help for yourself or someone you love when any warning signs are present.
- Immediately tell a trusted adult
- Who are trusted adults?

Coping

with mental health conditions

- People use coping skills (or coping strategies) as a way to deal with stressful situations.
- There are positive and negative coping skills
- **Positive:** relaxation techniques, writing, reading, physical activity (like sports or working out), hobbies, proper sleep – what else?

Coping with mental health conditions

- **Negative** coping skills are actions that could be harmful mentally and/or physically
- Examples: drug or alcohol use, self-harm, excessive working out, denial
- Some of these actions **MAY** provide temporary relief (if any), but these actions won't address the main concern

Options for Help

- Therapy
- Medications
- Lifestyle Changes (positive coping)
 - Exercise
 - Meditation/Relaxation
 - Nutrition

Stigma

- What is stigma?
- How does this impact getting help?

Advocacy & Awareness

- YOU can help reduce stigma surrounding mental illness
- How?
 - Peer program

Social Media

- In what ways have social media made living with a mental illness more difficult?
- In what ways have social media made living with a mental illness more hopeful?

Resources

- **Mental Health Resources**
- **NAMI (National Alliance on Mental Illness):** the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.
www.nami.org
- **The National Suicide Prevention Lifeline:** a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. The Lifeline's national network of local crisis centers provide crisis counseling and mental health referrals day and night.
www.suicidepreventionlifeline.org /1.800.273.TALK (8255)
- **Olweus Bullying Prevention Program:** a comprehensive approach that includes schoolwide, classroom, individual, and community components. The program is focused on long-term change that creates a safe and positive school climate.
www.olweus.sites.clemson.edu
- **NBHA programs and curriculum:** NBHA offers presentations, professional development opportunities, consulting services, and a comprehensive educational curriculum for the use of schools, community groups, and mental health organizations.
To learn more, click [here](#).

Walking Man Movie

- Short preview of film and book
- Watch documentary and/or read book
- Summary including the discussion questions



Most common audience questions after viewing the Walking Man

- How do I get someone help who doesn't want the help?
- Are people who end their lives weak?
- Do people attempt for sympathy or attention?
- Were people receptive to the message as you walked across Missouri?

Citations

- From NAMI
- FROM (mental health slide)
<http://www.mentalhealth.gov/basics/what-is-mental-health/>
- <http://www.helpguide.org/articles/exercise-fitness/emotional-benefits-of-exercise.htm>
(exercise slide)
- <http://www.mhww.org/strategies.html>
(Strategies)