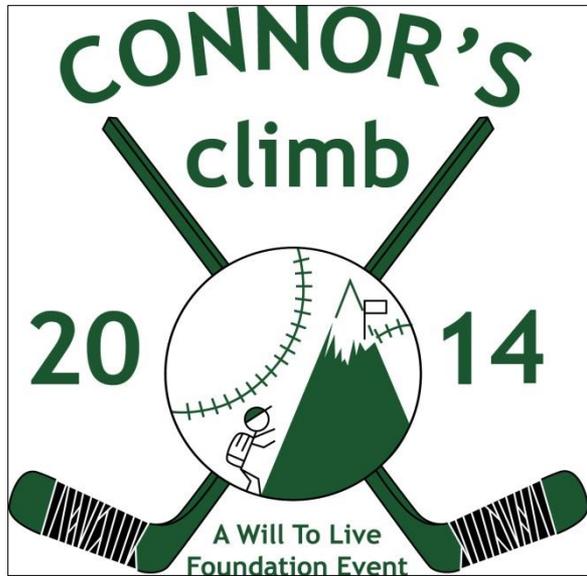




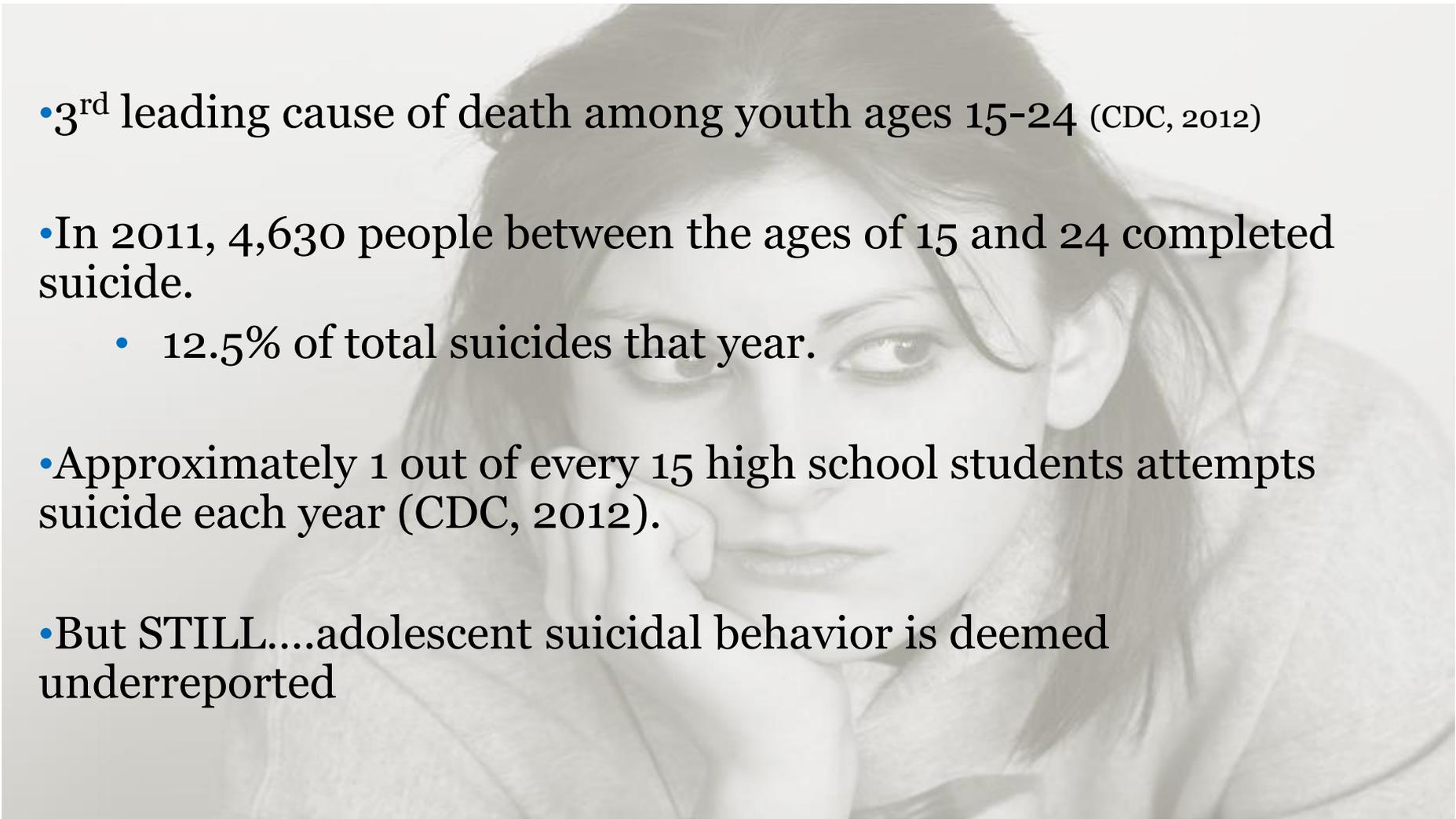
GOOD Morning!

- Goals of this morning's presentation
 - Increase the Awareness of the Signs of Suicide
 - Decrease the stigma of Mental Illness that often underlies suicidal ideation
 - Give an overview of how to make a connection to help those in need

Connor's Climb & the Will to Live Foundation



Prevalence of Suicide Among US Youth

- 3rd leading cause of death among youth ages 15-24 (CDC, 2012)
 - In 2011, 4,630 people between the ages of 15 and 24 completed suicide.
 - 12.5% of total suicides that year.
 - Approximately 1 out of every 15 high school students attempts suicide each year (CDC, 2012).
 - But STILL....adolescent suicidal behavior is deemed underreported
- 

By the Numbers...

- 2013 NH Youth Risk Behavior Survey found that:
 - 25.4% felt so sad or hopeless for 2+ weeks that they stopped doing some usual activity.
 - 14.4% seriously considered attempting suicide.
 - 12.8% made a suicide plan.
 - 6.8% attempted suicide.
 - 2.5% of those who made an attempt required medical attention

Risk Factors

- A **risk factor** is any personal trait or environmental quality that is associated with suicide.
- Risk factors \neq causes.
- Examples:
 - **Behavioral Health** (depressive disorders, Non Suicidal Self Injury, substance abuse)
 - **Personal Characteristics** (hopelessness, ↓ self-esteem, social isolation, poor problem-solving)
 - **Adverse Life Circumstances** (interpersonal difficulties, bullying, history of abuse, exposure to peer suicide)
 - **Family Characteristics** (family history suicide, parental divorce, family history mental health disorders)
 - **Environmental** (exposure to stigma, access to lethal means, limited access to mental health care, lack of acceptance)



SOS Signs of Suicide[®] Prevention Program .

High School Prevention Program listed on SAMSHA's National Registry of Evidenced-Based Programs

SOS Signs of Suicide® Prevention Program

- Using a simple and easy-to-remember acronym, **ACT**® (Acknowledge, Care, Tell), students are taught certain steps to take if they encounter a situation that requires help from a trusted adult.

Video Presentation

Review of the Warning Signs

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, available pills, or other means
- Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person
- Feeling hopeless
- Feeling rage or uncontrolled anger or seeking revenge
- Acting reckless or engaging in risky activities - seemingly without thinking
- Feeling trapped - like there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family, and society
- Feeling anxious, agitated, or unable to sleep or sleeping all the time
- Experiencing dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life

How to Connect

- A Partial List of Mental Health Providers
• For Children and Adolescents

- Ashland Family and Play Therapy
300 N. Main St. Suite 100 Plymouth, NH 03264 536-1933
- Barry, Eileen ARNP
45 Washington St. Conway, NH 03818 447-6339
- Bianco, Karen LICSW
14 Country Club Rd. Gilford, NH 524-5776
- Catalano, Stephen DDSW
401 Gilford Ave. Gilford, NH 03246 528-3116
- Child and Family Services
95 Water St. Laconia, NH 03247 524-5835
- Derepelian, Dorothy LCMHC
248 Daniel Webster Hwy Meredith, NH 03253 279-8169

Questions

