



# Suicide Prevention 101: Promoting Hope & Resiliency

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BEHAVIORAL HEALTH ADMINISTRATION

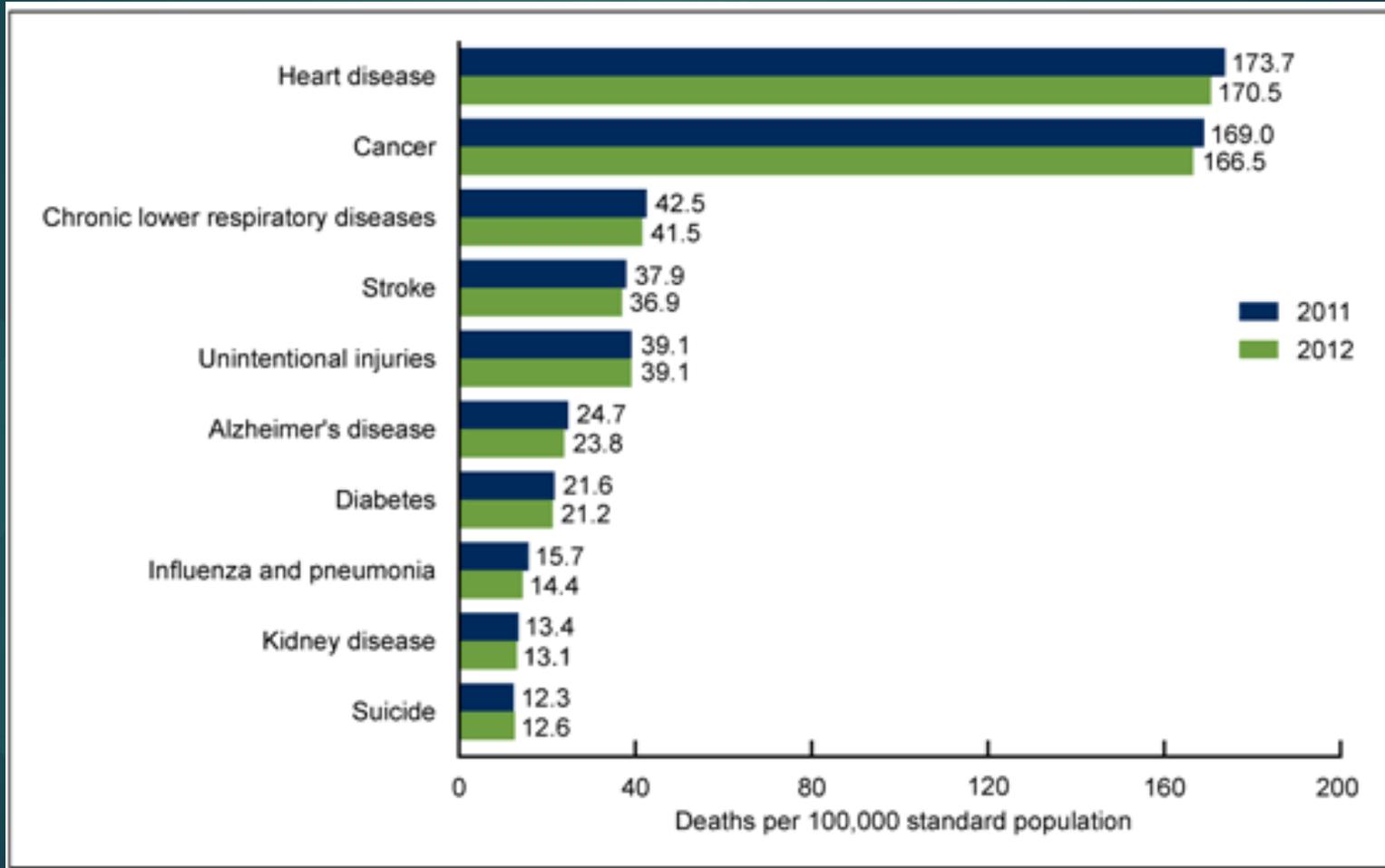
Before we get started...



# Major Public Health Problem

- ▶ Suicide was the 10<sup>th</sup> leading cause of death for all ages in 2012.
- ▶ There were 40,600 suicides in 2012 in the United States--an average of 111 each day.
- ▶ The total suicide rate for 2012 was 12.6 per 100,000 people, a slight increase from 2011 (12.3)
- ▶ People with depression are 20% more likely to attempt suicide
- ▶ About 2/3 of every person who completes a suicide is depressed at the time of death

# 10 leading causes of death: US, 2012

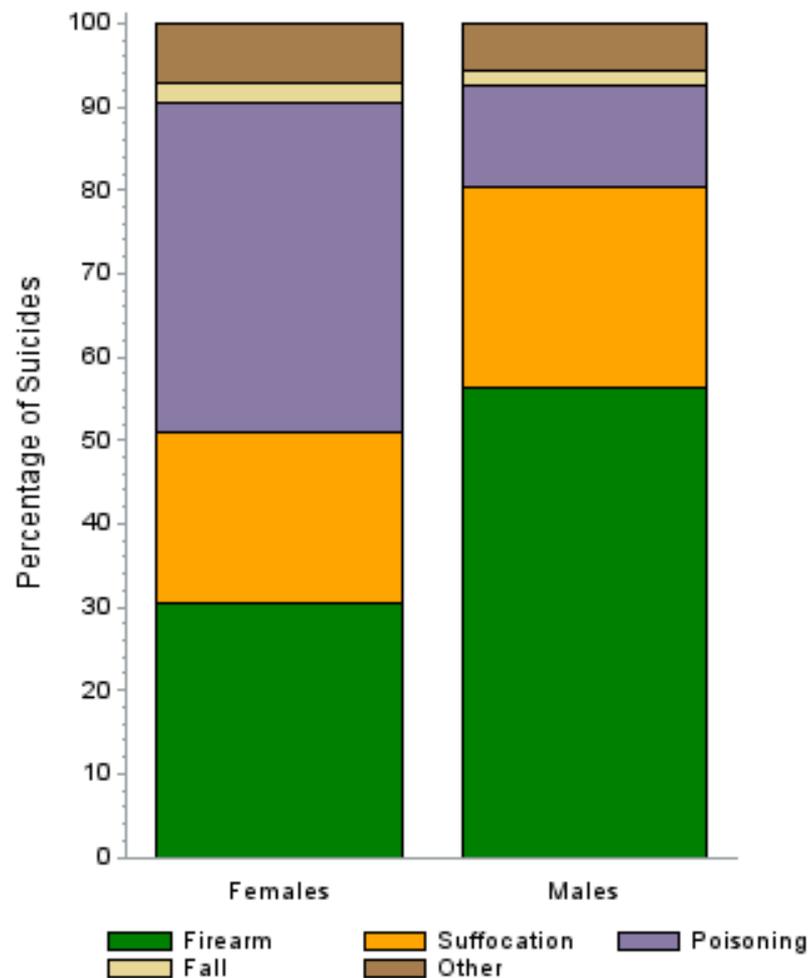


# Suicide Overview

- ▶ Men are more likely to die from suicide, however, woman are more likely to attempt suicide
- ▶ Men are more likely to use lethal means of suicide, particularly firearms, making it more likely they will complete an attempt
- ▶ Middle-aged white males are most likely to complete suicide

Maryland, 2012	Deaths
Total Suicides	557
Suicides by Firearms	263 (47%)

# Mechanism, Percentage of Suicides Among Persons Ages 10 Years and Older (CDC)



# 10 Leading Causes of Death by Age Group, United States – 2012

Rank	Age Groups										Total
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	
1	Congenital Anomalies 4,939	Unintentional Injury 1,353	Unintentional Injury 743	Unintentional Injury 807	Unintentional Injury 11,908	Unintentional Injury 15,851	Unintentional Injury 15,034	Malignant Neoplasms 48,028	Malignant Neoplasms 113,130	Heart Disease 477,840	Heart Disease 599,711
2	Short Gestation 4,202	Congenital Anomalies 501	Malignant Neoplasms 440	Malignant Neoplasms 472	Suicide 4,872	Suicide 6,216	Malignant Neoplasms 11,337	Heart Disease 35,265	Heart Disease 71,228	Malignant Neoplasms 403,497	Malignant Neoplasms 582,623
3	SIDS 1,679	Malignant Neoplasms 392	Congenital Anomalies 167	Suicide 306	Homicide 4,614	Homicide 4,342	Heart Disease 10,489	Unintentional Injury 20,394	Unintentional Injury 15,822	Chronic Low. Respiratory Disease 122,375	Chronic Low. Respiratory Disease 143,489
4	Maternal Pregnancy Comp. 1,507	Homicide 339	Homicide 138	Homicide 173	Malignant Neoplasms 1,574	Malignant Neoplasms 3,674	Suicide 6,758	Liver Disease 8,877	Chronic Low. Respiratory Disease 15,212	Cerebro-vascular 109,127	Cerebro-vascular 128,546
5	Unintentional Injury 1,169	Heart Disease 154	Heart Disease 67	Congenital Anomalies 160	Heart Disease 956	Heart Disease 3,231	Homicide 2,705	Suicide 8,862	Diabetes Mellitus 12,553	Alzheimer's Disease 82,690	Unintentional Injury 127,792
6	Placenta Cord. Membranes 1,018	Influenza & Pneumonia 93	Chronic Low. Respiratory Disease 63	Heart Disease 108	Congenital Anomalies 423	HIV 652	Liver Disease 2,469	Diabetes Mellitus 5,747	Cerebro-vascular 11,230	Diabetes Mellitus 52,881	Alzheimer's Disease 83,637
7	Bacterial Sepsis 566	Septicemia 62	Benign Neoplasms 47	Chronic Low Respiratory Disease 56	Diabetes Mellitus 196	Diabetes Mellitus 646	Diabetes Mellitus 1,867	Cerebro-vascular 5,654	Cerebro-vascular 11,070	Unintentional Injury 44,698	Diabetes Mellitus 73,932
8	Respiratory Distress 504	Cerebro-vascular 56	Influenza & Pneumonia 44	Cerebro-vascular 51	Cerebro-vascular 183	Liver Disease 597	Cerebro-vascular 1,730	Chronic Low. Respiratory Disease 4,533	Suicide 6,929	Influenza & Pneumonia 43,355	Influenza & Pneumonia 50,636
9	Circulatory System Disease 492	Benign Neoplasms 55	Cerebro-vascular 34	Influenza & Pneumonia 41	Complicated Pregnancy 169	Cerebro-vascular 535	HIV 1,345	HIV 2,582	Septicemia 4,982	Nephritis 37,740	Nephritis 45,622
10	Neonatal Hemorrhage 422	Chronic Low Respiratory Disease 51	Septicemia 26	Benign Neoplasms 40	Influenza & Pneumonia 147	Congenital Anomalies 401	Septicemia 757	Septicemia 2,340	Nephritis 4,765	Septicemia 27,022	Suicide 40,600

Data Source: National Vital Statistics System, National Center for Health Statistics, CDC.  
Produced by: National Center for Injury Prevention and Control, CDC using WISQARS™.



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

# 10 Leading Causes of Injury Deaths by Age Group Highlighting Violence-Related Injury Deaths, United States – 2012

Rank	Age Groups										Total
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	
1	Unintentional Suffocation 965	Unintentional Drowning 415	Unintentional MV Traffic 339	Unintentional MV Traffic 407	Unintentional MV Traffic 6,910	Unintentional Poisoning 7,737	Unintentional Poisoning 7,899	Unintentional Poisoning 10,340	Unintentional Poisoning 5,431	Unintentional Fall 24,190	Unintentional Poisoning 36,332
2	<b>Homicide Unspecified 170</b>	Unintentional MV Traffic 357	Unintentional Drowning 141	<b>Suicide Suffocation 195</b>	<b>Homicide Firearm 3,931</b>	Unintentional MV Traffic 5,949	Unintentional MV Traffic 4,620	Unintentional MV Traffic 5,359	Unintentional MV Traffic 4,543	Unintentional MV Traffic 6,378	Unintentional MV Traffic 34,935
3	Unintentional MV Traffic 68	<b>Homicide Unspecified 153</b>	Unintentional Fire/Burn 74	<b>Homicide Firearm 124</b>	Unintentional Poisoning 3,175	<b>Homicide Firearm 3,427</b>	<b>Suicide Firearm 2,924</b>	<b>Suicide Firearm 4,113</b>	<b>Suicide Firearm 3,747</b>	<b>Suicide Firearm 4,796</b>	Unintentional Fall 28,753
4	<b>Homicide Other Spec., Classifiable 43</b>	Unintentional Suffocation 138	<b>Homicide Firearm 67</b>	Unintentional Drowning 109	<b>Suicide Firearm 2,218</b>	<b>Suicide Firearm 2,760</b>	<b>Suicide Suffocation 2,054</b>	<b>Suicide Suffocation 2,029</b>	Unintentional Fall 2,168	Unintentional Unspecified 4,664	<b>Suicide Firearm 20,666</b>
5	Unintentional Drowning 43	Unintentional Fire/Burn 101	Unintentional Suffocation 34	<b>Suicide Firearm 104</b>	<b>Suicide Suffocation 1,882</b>	<b>Suicide Suffocation 2,085</b>	<b>Homicide Firearm 1,887</b>	<b>Suicide Poisoning 1,974</b>	<b>Suicide Poisoning 1,485</b>	Unintentional Suffocation 3,403	<b>Homicide Firearm 11,622</b>
6	Undetermined Suffocation 41	Unintentional Pedestrian, Other 98	Unintentional Other Land Transport 24	Unintentional Suffocation 45	Unintentional Drowning 540	<b>Suicide Poisoning 852</b>	<b>Suicide Poisoning 1,251</b>	Unintentional Fall 1,344	<b>Suicide Suffocation 1,172</b>	Unintentional Poisoning 1,655	<b>Suicide Suffocation 10,088</b>
7	<b>Homicide Suffocation 26</b>	Unintentional Struck by or Against 52	Unintentional Poisoning 21	Unintentional Other Land Transport 43	<b>Homicide Cut/Pierce 386</b>	Undetermined Poisoning 557	Undetermined Poisoning 640	<b>Homicide Firearm 1,181</b>	Unintentional Suffocation 677	Adverse Effects 1,639	<b>Suicide Poisoning 6,729</b>
8	Undetermined Unspecified 26	<b>Homicide Other Spec., Classifiable 46</b>	<b>Homicide Unspecified 18</b>	Unintentional Fire/Burn 36	<b>Suicide Poisoning 364</b>	<b>Homicide Cut/Pierce 437</b>	Unintentional Fall 458	Undetermined Poisoning 881	<b>Homicide Firearm 589</b>	Unintentional Fire/Burn 1,021	Unintentional Suffocation 6,238
9	Unintentional Natural/Environment 19	<b>Homicide Firearm 45</b>	Unintentional Pedestrian, Other 18	Unintentional Poisoning 30	Undetermined Poisoning 247	Unintentional Drowning 433	Unintentional Drowning 370	Unintentional Drowning 533	Unintentional Fire/Burn 493	<b>Suicide Poisoning 799</b>	Unintentional Unspecified 5,915
10	Unintentional Fire/Burn 17	Unintentional Natural/Environment 39	Unintentional Struck by or Against 17	Unintentional Firearm 22	Unintentional Fall 218	Unintentional Fall 319	<b>Homicide Cut/Pierce 351</b>	Unintentional Suffocation 451	Undetermined Poisoning 467	<b>Suicide Suffocation 667</b>	Unintentional Drowning 3,551

Data Source: National Center for Health Statistics (NCHS), National Vital Statistics System.  
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Centers for Disease Control and Prevention  
National Center for Injury Prevention and Control

# At-Risk Populations

- Veterans/Active Military
- Youth (Bullying)
- Males
- Unemployed
- Lesbian, gay, bi-sexual, transgendered, questioning
- Older adults
- Victims of human trafficking



# Risk Factors

- ▶ Depression
- ▶ Difficult life events (loss of a loved one, divorce, accident etc.)
- ▶ Feelings of hopelessness
- ▶ Previous suicide attempt
- ▶ Substance abuse
- ▶ History of physical, sexual, and/or emotional abuse
- ▶ Stressful home environments
- ▶ Family history of depression
- ▶ Access to firearms
- ▶ Poor adaptability
- ▶ Mental Illness
- ▶ Traumatic Brain Injury (TBI)
- ▶ Member of LGBTQ community

# Youth & Suicide

- ▶ Adolescent depression is a major risk factor for suicide
- ▶ Around 5,000 young people commit suicide per year
- ▶ Suicide is the 3<sup>rd</sup> leading cause of death for youth ages 10-24
- ▶ People with depression are 20% more likely to attempt suicide

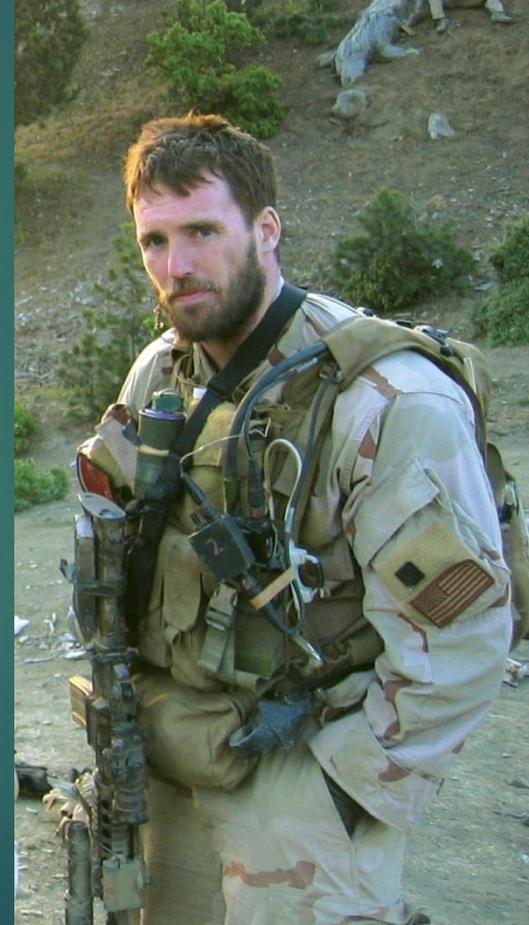
# Veterans and Suicide

- ▶ Veterans and active duty military are at increased risk for suicide
- ▶ Veterans experience higher rates of depression, post-traumatic stress disorder (PTSD), and exposure to violence



# Veterans and Suicide

- ▶ Veterans are more than **twice** as likely to commit suicide than a non-veteran
- ▶ **More** veterans kill themselves by suicide than those who die in combat overseas
- ▶ Veterans aged 20-24 who served in Afghanistan and Iraq had the **highest rate** of suicide among veterans



# Comorbidities and Chronic Mental Illness

- ▶ Major Depression increases risk of suicide
- ▶ Post-traumatic stress disorder (PTSD) (especially after event causing TBI) increases a person's risk for suicide
- ▶ Substance abuse increases risk of suicide
  - ▶ Alcohol is a depressant
  - ▶ Substance use increases impulsivity
  - ▶ Drastic increase in substance use is an indicator of suicidal ideation



SUICIDE IS  
PREVENTABLE!!!

# Network of Support

## Sources of strength



Suicide Prevention Resource Center

# Blocking Suicide

- ▶ Social support
- ▶ Spirituality
- ▶ Adequate mental health services
- ▶ Internal locus of control
- ▶ Good coping skills
- ▶ Cognitive-behavioral therapy
- ▶ Limited access to firearms



# Know the Signs!

## Behavioral Signs

- ▶ Previously attempted suicide
- ▶ Increased substance abuse
- ▶ Increased talk around death and dying
- ▶ Removing themselves from friends and social activities
- ▶ Giving away prized possessions
- ▶ Becoming very irritable or aggressive
- ▶ Becoming reckless or impulsive
- ▶ Drastic change in mood or demeanor

# Know the Signs!

## Verbal Cues

- ▶ “I don’t want to keep living.”
- ▶ “You all would be better off without me.”
- ▶ “I wish I could just disappear.”
- ▶ “You won’t have to worry about me much longer.”
- ▶ “Who cares if I’m dead anyway?”
- ▶ “I feel like I want to kill myself.”

# How to Help...

- ▶ **Ask the question!**

- ▶ “What you said just worried me...are you thinking about hurting yourself?”

- ▶ “Do you wish you could go to sleep and not wake up?”

- ▶ “Have you been extremely unhappy with life lately?”

- ▶ “Are you planning to kill yourself?”

- ▶ Be direct in your questioning

- ▶ Ask if there is a plan in place

- ▶ One question can save a life! We all have a role...

# Gatekeeper Trainings & Resources

- ▶ Applied Suicide Intervention Skills Training (ASIST)
- ▶ Question, Persuade, Refer (QPR)
- ▶ Kognito Gatekeeper Program
- ▶ Mental Health First Aid

## Websites

- ▶ Suicide Prevention Resource Center (SPRC.org)
- ▶ CDC.gov

# Suicide Prevention Resources

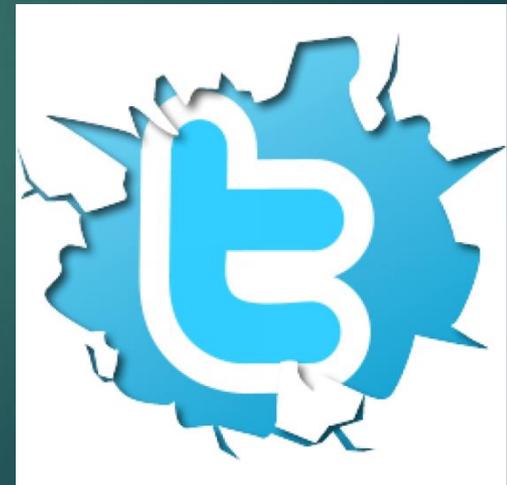
- ▶ Maryland Crisis Hotline Network: 1-800-422-0009
- ▶ National Suicide Prevention Lifeline: 1-800-273-8255



# Maryland Social Media for Suicide Prevention

- ▶ Facebook:  
[www.facebook.com/MDSuicidePrevention](http://www.facebook.com/MDSuicidePrevention)

- ▶ Twitter:  
[twitter.com/MDSuicidePrev](http://twitter.com/MDSuicidePrev)

The Facebook logo, consisting of the word "facebook" in a white, lowercase, sans-serif font, centered within a blue rectangular background.

# Office of Child and Adolescent Services

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