

Psych Bytes



Suicide Awareness

Warning Signs of Suicide (Serious risk, but may not be an immediate risk)

These signs may mean that someone is at risk for suicide. Risk is greater if the behavior is new, or has increased, and if it seems related to a painful event, loss, or change:

- Talking about wanting to die or kill oneself
- Talking about feeling hopeless or being a burden
- Talking about feeling trapped or in pain
- Displaying rage or extreme mood swings
- Increasing use of alcohol or drugs
- Acting anxious/ agitated or behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated

Suicide Facts:

Nearly 40,000 people in the US die from suicide annually. (smhasa.gov)

Suicide rates increased from 1999 through 2014 for both males and females and for all ages 10-74. (cdc.gov)

The percent increase in suicide rates for females was greatest for those aged 10-14, and for males, those aged 45-64. (cdc.gov)

Morbidity and Mortality Report shows that the rate of death by suicide (10-14 yrs old) has been on the rise and is now higher than motor vehicle deaths. (cdc.gov)

Males take their own lives at nearly four times the rate of females.

Females are more likely than males to have suicidal thoughts.

Immediate Risk

Some behaviors may indicate that a person is at **immediate** risk for suicide. The following three warning signs should prompt you to immediately call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or a mental health professional. Local law enforcement may also be called.



- Talking about wanting to die or kill oneself.
- Looking for a way to kill oneself, such as searching online or obtaining a gun.
- Talking about feeling hopeless or having no reason to live.

(SPRC.org)

“What can I do?”

If you believe that someone may be thinking about suicide:

Ask them if they are thinking about killing themselves. (This will NOT put the idea into their head or make it more likely that they will attempt suicide.)

Listen without judging and show you care.

Stay with the person (or make sure the person is in a private, secure place with another caring person) until you can get further help.

Remove any objects that may be used in a suicide attempt.

Call SAMHSA’s National Suicide Prevention Lifeline at 1-800-273-TALK (8255) and follow their guidance.

If danger of self-harm seems imminent, **call 911**.

(samhsa.gov)

Screening and Assessment Tools

Most people who die by suicide have seen a healthcare provider in the year prior to their suicide. Further, many people visited a healthcare provider in the month prior to their suicide. Screen and assessing for suicide risk is an important aspect of suicide prevention.

National Resources:

National Suicide Prevention Lifeline at
1-800-273-TALK (8255)

Crisis Text Line: "GO" to 741741

www.changingmindsstrong.com/nesp

Nebraska Resources:

Nebraska Suicide Prevention Coalition

Nebraska Youth Suicide Prevention:
youthsuicideprevention.nebraska.edu

Local Resources:

Suicide Support Group of individuals who have had family/friends pass away from suicide meets every 2nd Tuesday of the month at First Baptist Church in Norfolk, Nebraska at 7:00 p.m. (Dealing with the loss of a loved one through suicide or dealing with your own thoughts of suicide is never easy. So it is important that people in both situations have support to help them navigate the rocky path, which is the reason for the Suicide Support Group.

Psych Byte Resources used in this publication:

CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC). WEB-BASED INJURY STATISTICS QUERY AND REPORTING SYSTEM (WISQARS) [ONLINE]. (2013, 2011) NATIONAL CENTER FOR INJURY PREVENTION AND CONTROL, CDC (PRODUCER). AVAILABLE FROM [HTTP://WWW.CDC.GOV/INJURY/WISQARS/INDEX.HTML](http://www.cdc.gov/injury/wisqars/index.html).

SAMHSA.GOV

CDC.GOV

WWW.CHANGINGMINDSSTRONG.COM/NESP

YOUTHSUCIDEPREVENTION.NEBRASKA.EDU

Here's what to look forward to in November:

School Psychology Awareness

Congratulations to last month's drawing winner:

Brandy King from Fullerton Public Schools.

CLICK ON THE FOLLOWING LINK TO BE INCLUDED IN OUR MONTHLY DRAWING.

<https://goo.gl/forms/kTR3ZUUuKyaUPUO13>

ONE WINNER WILL BE CHOSEN FROM OUR ENTRIES EACH MONTH.

PSYCH BYTES BROUGHT TO YOU BY . . . THE SCHOOL PSYCHOLOGISTS OF ESU 7:

ANN DUBAS, BRANDY ROSE, CASSIE PROTHMAN, HALEY STROBEL, JACKIE TERNUS, JOLYNN MESCHER, APRIL BECKER