



# Suicide Awareness

Stop the Stigma and Start a  
Conversation



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# Introductions

We all have a reason we are here to discuss this topic.



# Overview

- Statistics
- Risk factors and Warning Signs
- Let's just talk about it. How's our language?
- How do we help?
- Covid-19 and impact on mental health
- Prevention Strategies
- Treatment options
- Resources



# Statistics

<https://www.datocms-assets.com/12810/1587128056-usfactsfiguresflyer-2.pdf>

<https://aws-fetch.s3.amazonaws.com/state-fact-sheets/2020/2020-state-fact-sheets-illinois.pdf>



# Risk Factors

- **Brain Health Issues**
  - Depression, Substance use problems, anxiety etc.
  - Traumatic Brain Injury (TBI)
- **Serious Physical Conditions**
  - Chronic Pain
- **Environmental Factors**
  - Stressful life events (divorce, loss, extreme financial stress, etc.)
  - Prolonged Stress (trauma, abuse, bullying, etc.)
  - Access to lethal means
  - Exposure to another person's suicide or sensationalized accounts of suicide (13 Reasons Why)



# Risk Factors Cont.

- **Historical**
  - Family history of suicide
  - Previous suicide attempts
  - Childhood abuse, neglect, or trauma
- **Religious Beliefs**
  - Belief that it is noble
- **Barriers to Accessing Mental Health Treatment**
  - Stigma as well



# Warning Signs

- Changes in Behavior such as:
  - Increased use of alcohol or drugs
  - Isolating from family and friends
  - Withdrawing from activities
  - Giving away possessions
  - Visiting or calling people—may even say good-bye
  - Looking for a way to end their lives
  - They may talk about feeling hopeless, trapped, having no reason to live
  - Increase in mood disturbance (anxiety, depression)



# Language: Should We Talk About Suicide?

- Sometimes people worry talking about the topic will “put the idea in their loved one’s head.”
- Talk to your loved one in private.
- If you are worried someone you know may be considering suicide, ask them—“Are you thinking about suicide?”
- Direct communication is best.
- Don’t minimize their feelings.
- Take them seriously.
- Tell them you care about them.



# What If Someone I Love Says They Are Suicidal?

- Take them seriously
- Stay with them
- Remove lethal means
- Get help. Take them to a mental health provider or emergency room
- Call the National Suicide Hotline 1-800-273-8255
- Text TALK to 741741



# COVID-19 and Mental Health Concerns

- In June 2020, the Centers for Disease Control and Prevention reported an increase in adverse mental health conditions associated with COVID-19 in the United States.
- Certain populations appear to be at higher risk of worse mental health outcomes, increased substance use, and suicidal ideation:
  - Younger adults
  - Racial/ethnic minorities
  - Essential workers
  - Unpaid adult caregivers
- ***Keep talking. Stop the stigma. We are all in this together.***



# Prevention Strategies

- Check in with your loved one often
- Encourage socialization and suggest activities
- Promote self-care
- Watch for warning signs as discussed
- Offer to help with basic needs such as grocery shopping
- If someone seems overwhelmed, ask how you can help. Get them talking.
- Brain health treatment (therapy, medications)



# Treatment Options

- **Inpatient Treatment**
  - Short-term crisis centered
  - Safety a top priority
- **Outpatient Treatment**
  - Partial Hospitalization Program (PHP)
  - Intensive Outpatient Program (IOP)
  - Individual and/or family therapy
  - Psychiatry and Primary Care
  - Substance Abuse Treatment
  - Support Groups



**IT'S BRAIN HEALTH  
NOT MENTAL ILLNESS**  
**BRAIN HEALTH RESOURCES**

**COUNSELING SERVICES**



<b>Sinnissippi Centers - Dixon</b> <b>815-284-6611</b> 325 IL Rt. 2, Dixon, IL www.sinnissippi.org	<b>Sinnissippi Centers - Sterling</b> <b>815-625-0013</b> 2611 Woodlawn Rd. Sterling, IL www.sinnissippi.org	<b>Sinnissippi</b> <b>24 Hour Crisis Line</b> <b>800-242-7642</b>
<b>Path to Healing, Inc.</b> <b>815-288-1235</b> 404 N. Galena Ave. Dixon, IL www.pathtohealing.net	<b>Moeller, Myers &amp; Associates</b> <b>815-626-8760</b> 3917 E. Lincolnway, Suite C Sterling, IL www.mmaccil.com	<b>Whiteside County Health Department</b> <b>815-626-2230</b> 130 W 2nd St. Rock Falls, IL www.whitesidehealth.org
<b>Roots and Wings</b> <b>773-930-0994</b> Stacy Jo Barber, LCPC & Art Therapist 115 E. 1st St. Suite 120, Dixon, IL rootsandwingstherapy@gmail.com	<b>Mobre Counseling</b> <b>815-285-3073</b> 119 W 1st St. Suite 110, Dixon, IL	<b>KSB Hospital</b> <b>815-285-5638</b> 403 E. 1st St. Dixon, IL
<b>Florissa</b> <b>815-288-1905</b> 144 North Court, Dixon, IL www.florissacenter.org	<b>Dr. Carolyn Van Doren, Ph.D.</b> <b>815-284-6111</b> 631 Willet Ave. Dixon, IL Psychological Testing	<b>Dr. Cassidy Wank, Ph.D.</b> <b>815-828-4551</b> 1958 Aberdeen Ct. Suite 2 Sycamore, IL
<b>Amy Jakobson, Ph.D.</b> <b>815-757-9068</b> 1958 Aberdeen Court Sycamore, IL	<b>Northwestern Medicine - Ben Gordon Center</b> <b>815-756-4875</b> 12 Health Services Dr. Dekalb, IL	<b>Compass Behavioral Health</b> <b>866-874-5381</b> 5301 E. State St. Rockford, IL Psychological Testing

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**PSYCHIATRY SERVICES**



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<b>KSB Hospital</b> <b>815-285-5638</b> 403 E. 1st St., Dixon, IL	<b>Compass Behavioral Health</b> <b>866-874-5381</b> 5301 E. State St., Rockford, IL	<b>Northwestern Medicine - Ben Gordon Center</b> <b>815-756-4875</b> 12 Health Services Dr. Dekalb, IL
<b>Dr. David Lopez</b> <b>815-772-5590</b> 303 N. Jackson St., Morrison, IL	<b>North Central Behavioral Health Services</b> <b>309-363-7933</b> 526 S. Bureau Valley Parkway Princeton, IL	<b>AMITA Health</b> Alexian Brothers Behavioral Health Center <b>800-432-5005</b> 1650 Moon Lake Blvd, Hoffman Estates, IL

**ONLINE AND TEXTING**

<b>bethere.org</b> A website that helps you learn how to recognize when someone might be struggling with their mental health and how you can be there to support them.	<b>kenshohealth.com</b> A modern guide to holistic health that makes it easy to find what you need, whether that's a trusted answer or an expert provider.	<b>Text HOME to 741741 for immediate help</b> A free crisis text line to help you deal with the hard stuff.
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**Resources**



# Sources

- [AFSP.org](http://AFSP.org). American Foundation for Suicide Prevention
- [MayoClinic.org](http://MayoClinic.org)
- [CDC.gov](http://CDC.gov). Centers for Disease Control and Prevention



# Thank You!

## Questions?

Please Leave them in the  
Facebook Comment Section

