



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



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

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

ONLINE AND TEXTING

bethere.org 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.	kenshohealth.com 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.	Text HOME to 741741 for immediate help A free crisis text line to help you deal with the hard stuff.
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Resources



Sources

- AFSP.org. American Foundation for Suicide Prevention
- MayoClinic.org
- CDC.gov. Centers for Disease Control and Prevention



Thank You!

Questions?

Please Leave them in the
Facebook Comment Section

