



Suicide Intervention

Suicide Intervention Education

- Middle and High Schools
 - Parents
 - Youth Groups
 - Community Groups
 - Employers
 - Professional Workshops
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- Focused on skill building
 - Targeted and specific

Objectives

Know about suicide:

- causes
- risk and protective factors
- scope

Know what to look for:

- warning signs

Know what to do:

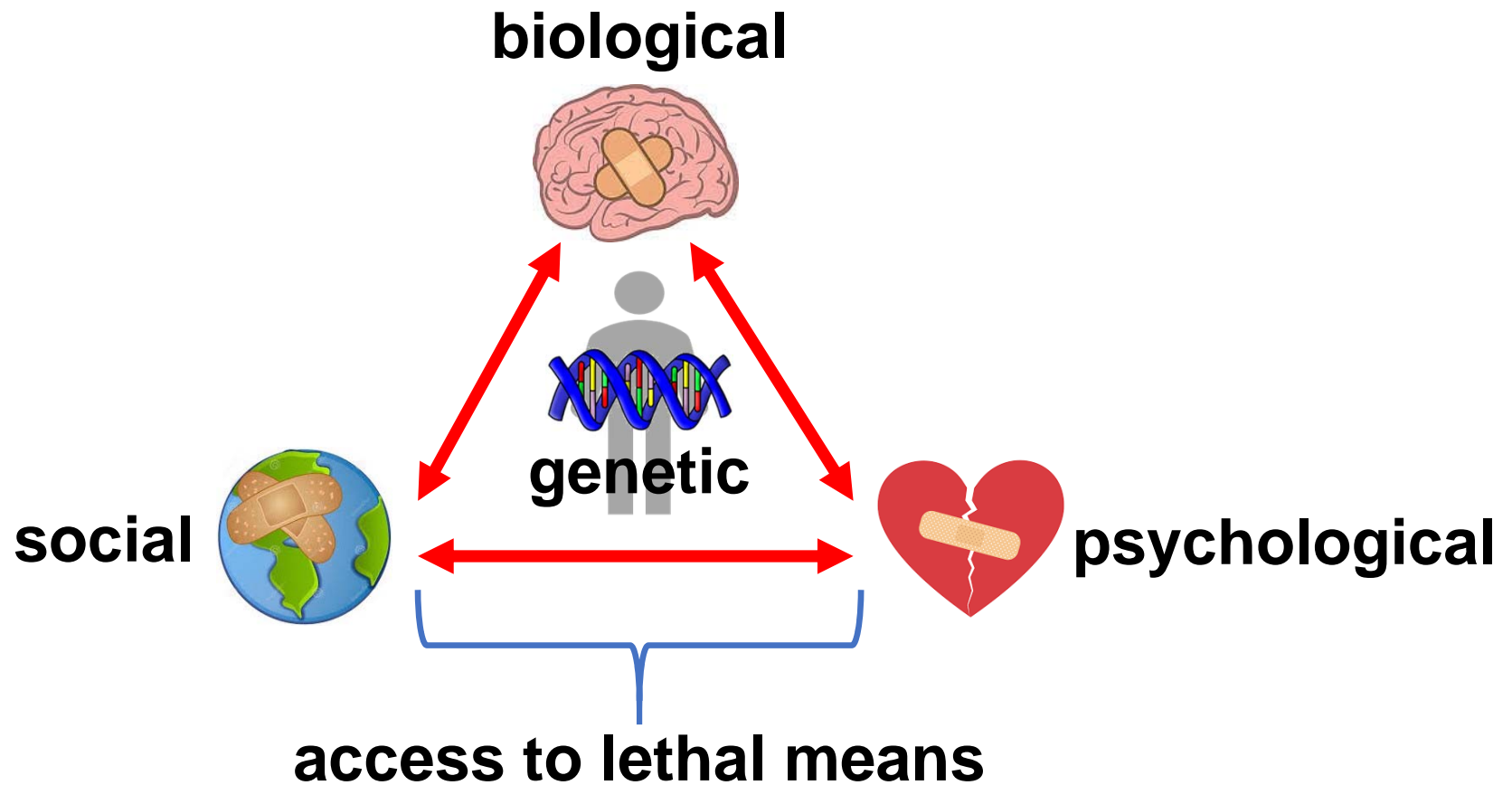
- how to ask and talk about suicide
- helpful and unhelpful things to say
- screening
- reducing access to means
- safety planning

Know how to get support:

- making good referrals
- connecting to resources

Matrix of Causality

There is no single cause for suicide!



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How To Ask

Sometimes when people feel really hurt and overwhelmed, they may not be able to see ways that things can get better.

When you say that you are done with it all, do you mean that you are thinking about suicide?

Signs & Concerns

Normalize

Say "Suicide"

Sometimes people wish that they were dead or think others would be better off if they were dead? Have you ever thought that?

Ask Twice

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Get Support: Hotlines

- Who should contact
- When to contact
- How to contact
- What happens next
- Considerations



Prevention Strategies

Prevention:

- de-stigmatize
- reduce risk factors
- build protective factors
- encourage coping skills

Intervention:

- intervention education
- crisis intervention plans

Postvention:

- after a death
- after an attempt
- support for loss survivors

➤ **Collaborative and consultative relationships**

Activities

- Education and training
- Networking and establishing relationships
- Program development and implementation planning
- Developing evaluation tools
- Developing agency structure and practices
- Conducting workshops and trainings