

WELCOME!

- Please make sure you sign in
- Please take out your phone, laptop or tablet and visit the page:

http://bit.ly/suicide_eval

- Proceed through this voluntary survey until you get to the stop sign.
- If you are unable to complete the survey on a mobile device, paper versions are available. Just let the trainer know you would like a paper version of the survey.

SURVIVE AND THRIVE

A Suicide Prevention Gatekeeper Training

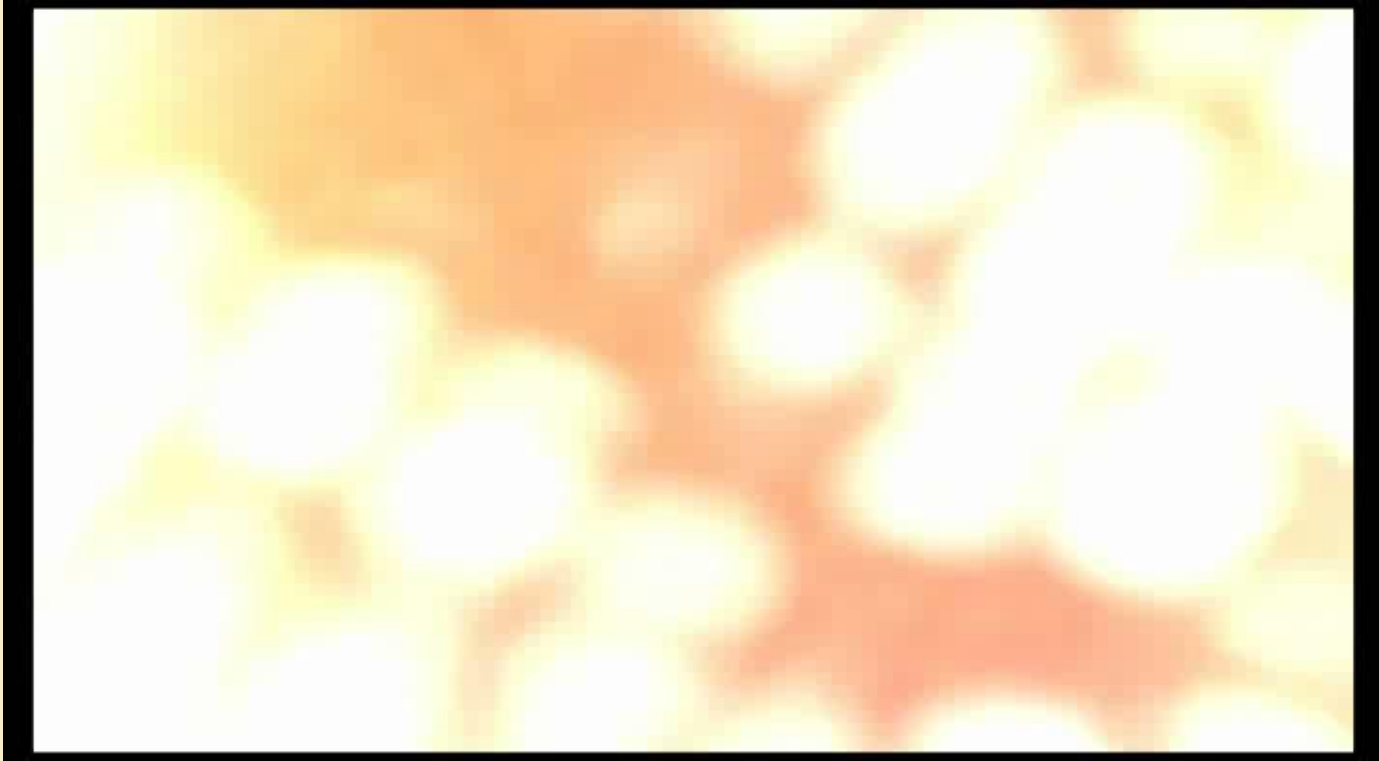
Presented by: Elisabeth Cavallaro
Coordinator for Student Mental Wellness



OVERVIEW OF TRAINING

- Stats and Facts
- Warning Signs/Risk Factors
- A.P.P.S. Intervention
- Questions

REAL STORIES



SUICIDE AND MENTAL ILLNESS

- 90% of those who die by suicide suffered from one or more diagnosable and treatable mental illnesses



Major Depression



Schizophrenia



Bipolar Disorder



Personality Disorders



Substance Abuse Disorder



Eating Disorders

MORE STATISTICS

- 70% of those who kill themselves have not received mental health services during the last year



- 2/3 of people who die by suicide communicate their intent to die to someone before their death
- College students have about half the number of suicide attempts than people in the general population

FACTS

Asking about suicide can give someone who is thinking about suicide permission to open up.

Your goal in this conversation is to get them to a professional, not to “fix” the person.

The time immediately after discharge is when a person who is suicidal is at highest risk. Continue to check in on friends who you know have been hospitalized for suicidal ideation.

REAL STORIES



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WARNING SIGNS

RISK FACTORS

VS

WARNING SIGNS

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RISK FACTORS

- Mental disorders
- Substance abuse disorders
- History of trauma, abuse or bullying
- Previous suicide attempt
- Family history of suicide
- Major Physical Illness
- Job or financial loss
- Social loss
- Access to lethal means
- Self-Harm
- Stigma



HIGH RISK GROUPS - VETERANS

- Leading cause of mortality among servicemen
- More than 6,000 veterans die by suicide each year
- More male veterans die by suicide than female veterans, however the suicide rate for female veterans is twice that of women in the general population
- Veteran Specific Risk Factors:
 - Frequent deployments
 - Experiencing traumatic events while deployed
 - Experiencing a service-related injury
 - PTSD
 - Unmarried
 - Low satisfaction with social networks



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MILITARY AND VETERANS



1st/3rd Thursday of each month
6:15pm in New River Room
Plemmons Student Union

Welcome to the Veterans Self-Check Quiz!

The Department of Veterans Affairs and the National Suicide Prevention Lifeline have joined with the American Foundation for Suicide Prevention to create the Veterans Self-Check Quiz. This is a safe, easy way to learn whether stress and depression might be affecting you.

Using this service is completely voluntary and confidential.

You must be at least 18 years old to complete the Self-Check Quiz.

www.VetSelfCheck.org



Military Crisis Line



1-800-273-8255 **PRESS 1**

Text to
838255

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HIGH RISK GROUPS - LGBTQ



- More likely to think about suicide
- More likely to attempt suicide
- Most attempts occur during adolescence or young adulthood
- Risk factors:
 - Gender nonconformity
 - Internal conflict about sexual orientation
 - Low Family Connectedness
 - Family Rejection
 - Victimization

LESBIAN, GAY, BISEXUAL, TRANSGENDER, QUESTIONING

THE
**LGBT
CENTER**

Plemmons Student Union
Room 106
lgbt@appstate.edu
828.262.8566



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WARNING SIGNS

High Risk Warning Signs

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no reason to live

Other Warning Signs

- Feeling trapped or in unbearable pain
- Feeling like a burden
- Increased use of alcohol or drugs
- Acting anxious or agitated
- Reckless Behavior
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage
- Talk of seeking revenge
- Extreme mood swings



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PAY ATTENTION TO WHAT IS SAID

**“I wish I would
just fall asleep
and never wake
up.”**

“If I can't get my grades
up, I'm going to kill
myself.”

**“I wish I was
dead.”**

“Nobody cares
about me
anyway.”

**“Pretty soon
you won't
have to worry
about me
anymore.”**

“I don't see any way
out of this situation.
Things will never get
better.”

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A.P.P.S. INTERVENTION

- **A**pproach and **A**cknowledge
- **P**robe
- **P**romote Hope
- **S**hare Referrals





APPROACH AND ACKNOWLEDGE

Tolerate your own anxiety and awkwardness. Be specific about what you notice.

Tips

- Give yourself time
- Find a private place to talk



PROBE

- *Show that you care by asking questions.*

Tips

- Build up to the ‘suicide question’
- Don’t pass judgment

“I’m concerned about you. How are you feeling?”

“What’s going on in your life right now?”

PRACTICE ASKING THE QUESTION

**“Are you
thinking about
killing
yourself?”**

“Have you thought about
suicide?”

**“Do you want
to kill
yourself?”**

“Do you feel so
bad that you wish
you were dead?”

**“Do you feel so
sad that you
want to fall
asleep and
never wake
up?”**

“Have you thought
about how you would
kill yourself?”

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PPROMOTE HOPE

Listen and let the student know that they are not alone.

Tips

- Allow them to talk about death and dying
- LISTEN
- Allow them to come up with their own reasons for living





PPROMOTE HOPE

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he/she is not alone.*

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SHARE REFERRALS

Share referrals. Form a safety net. Share with your support network.

Tips

- Have resources on hand
- Do not leave person alone
- Form a safety net



Counseling Center
828-262-3180

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UNIVERSITY COUNSELING CENTER

Counseling & Psychological Services Center

1st Floor – Miles Annas Student Support Building

(828) 262-3180

FREE and CONFIDENTIAL for
currently enrolled students

Initial Consultation Hours

Monday – Friday: 8:30am – 11am, 1pm – 4pm

DEAN OF STUDENTS

Dean of Students

324 Plemmons Student Union
(828) 262-8284

Will reach out to a student and
try to get them connected to
resources



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UNIVERSITY POLICE DEPARTMENT

University Police

Rivers Street Parking Deck

(828) 262-2150

Call for emergencies.



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SUICIDE PREVENTION LIFELINE

About the Lifeline

- Connects you to the crises center closest to your location
- Trained crises worker answers all calls
- Database of local resources
- Resource for both those in crises and those wanting to help



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ROLEPLAY SCENARIOS

Scenario 1

School is not going so well. You've been skipping class and got caught smoking marijuana. Back home, you had a solid group of friends, but you've had trouble making friends here and don't feel like you belong. The only class you enjoy and attend weekly is your creative writing class, where you write poetry. Many of your more recent poems have been about death and dying.

Scenario 2

You are currently excelling in school. You have good grades and are involved in many clubs. You also work part-time at the campus bookstore. You don't talk to your father very much and your mother died by suicide three years ago. When your dad does talk to you, it's only ever to make sure you are 'living up to your potential.' One of your closest friends recently died, right in the middle of one of the busiest times of the year for you. That, paired with the pressure from your father to continue to do well, has got you feeling overwhelmed. Lately, you've been angrier than usual and you are easily agitated.

QUESTIONS?



COMPLETE POST-TEST

- It is now time to complete the post-test!

http://bit.ly/suicide_eval



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