



Suicide: A Health Crisis

Knowing the Facts

- 47,000 died by suicide in 2017
- This number is under-reported and has increased in the past two years
- Today, approximately one person in the US dies by suicide every 10 minutes
- Six people each hour, 144 people each day, seven days a week
- Think about that...
 - ***One person dies by suicide in the US every ten minutes***

Knowing the Facts

- CDC says 5% - 6% of the population have thoughts of suicide
- Women attempt suicide at 3x the rate of men
- Men die by suicide at 4x the rate of women
- More people die by suicide than homicide in the US
- More than half of all suicides are 35-65 years old

Knowing the Facts

- Over 90% of people who die by suicide are suffering from a major psychiatric illness or substance abuse disorder or both
- Only 20% are receiving mental health care
- Depression is a factor in 50% of suicide
- Untreated depression is the leading cause of suicidal behavior

Suicide Facts and Myths

- **Myth** No one can stop a suicide, it is inevitable.
- **Fact** If people in a crisis get the help they need, they will probably never be suicidal again.

- **Myth** Confronting a person about suicide will only make them angry and increase the risk of suicide.
- **Fact** Asking someone directly about suicidal intent lowers anxiety, opens up communication / lowers the risk of an impulsive act.

- **Myth** Only experts can prevent suicide.
- **Fact** Suicide prevention is everybody's business, and anyone can help prevent the tragedy of suicide.

Suicide Facts and Myths

- **Myth** Suicidal people keep their plans to themselves.
- **Fact** Most suicidal people communicate their intent sometime during the week preceding their attempt.

- **Myth** Those who talk about suicide don't do it.
- **Fact** People who talk about suicide may try, or even complete, an act of self-destruction.

- **Myth** Once a person decides to complete suicide, there is nothing anyone can do to stop them.
- **Fact** Suicide is the most preventable kind of death, and almost any positive action may save a life.

Contributing Factors to Suicide

- Failed relationships
- Careers imperiled
- Legal trouble or injury
- Mounting debt
- Unmanageable depression
- Anxiety
- Substance abuse

Michael Schoenbaum, PhD., Senior Advisor for Mental Health Services, Epidemiology and Economics, National Institute of Mental Health. Dr. Schoenbaum has been studying suicide prevention since 2008



“There is no single solution, there are a lot of little solutions. But, doing nothing is not an option. We can’t help people unless we find them. We need to be better at finding and helping when we find them.”

- “Occult (hidden) suicide risk. They show up in the ER for some other health problem, but if you ask about suicide risk, they will tell you.”
- “Ten years ago, no emergency rooms screened for suicide risk. Now most do.”
- “The most effective intervention is not hospitalization. We don’t want to keep people alive until Tuesday. We want to keep them alive.”
- “By follow-up phone calls or postcards, they found a reduction of subsequent suicide attempts of 30-40%.”

“Suicide is increasing” ... it is more than a Mental Health concern.

“We all have a role to play in reducing the incidence of Suicide.”

“In order to have any impact we need to get better at helping people understand what their role is” [and providing them the tools to help those at risk].



DR. RICHARD MCKEON, PhD, MPH,
Chief for the Suicide Branch in the
Center for Mental Health Services,
Substance Abuse and Mental Health
Services Administration.
Keynote Speaker for 2018 Suicide
Prevention Summit

MENTAL HEALTH AWARENESS & SUICIDE PREVENTION TASK FORCE

- **Thrive**
 - **Village of Oak Park**
 - **River Forest Township**
 - **OPRF High School**
 - **RiverEdge Hospital**
 - **Faith Based Community**
 - **Local Therapists**
- **Oak Park Police**
 - **Township of Oak Park**
 - **RF School District 90**
 - **NAMI**
 - **Hines VA Hospital**

Clinical and Support Services

- *Awareness:* **safeTALK & Support 4 U & QPR**
- *Prevention:* **safeTALK & QPR**
- *Intervention:* **ASIST**
- *Post-Intervention:* **Counseling**
- *Postvention:* **LOSS (Bereavement)**

FINAL THOUGHTS

- Suicide Safer Community
- 5%-6% of the community have thoughts of suicide - >4,000 people in our community
- We lose 6 to 7 people on average a year in our community
- LivingWorks Education and QPR Institute
- The Ten Pillars

A stylized sun with rays and a central yellow circle. The sun is composed of a central yellow circle and eight white rays extending outwards. The background is a light purple color with a subtle pattern of white dots.

FINAL THOUGHT

Talk Saves Lives

SUICIDE SAFE RESOURCES

THRIVE Counseling Center Crisis Team: 708.383.7500

Support 4 U: 844.670.5838

(District 90 text SAFE, District 97 text HOPE, District 200 text CARE)

NAMI: 708.383.5092 (Drop in center: 708.524.2582)

The Living Room: 708.582.6463

National Suicide Prevention Lifeline: 800.273.8255 (TALK)

National Suicide Hotline: 800.784.2433 (SUICIDE)

Northwestern Memorial Hospital Suicide Hotline: 312.962.8100)

LEARN MORE

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