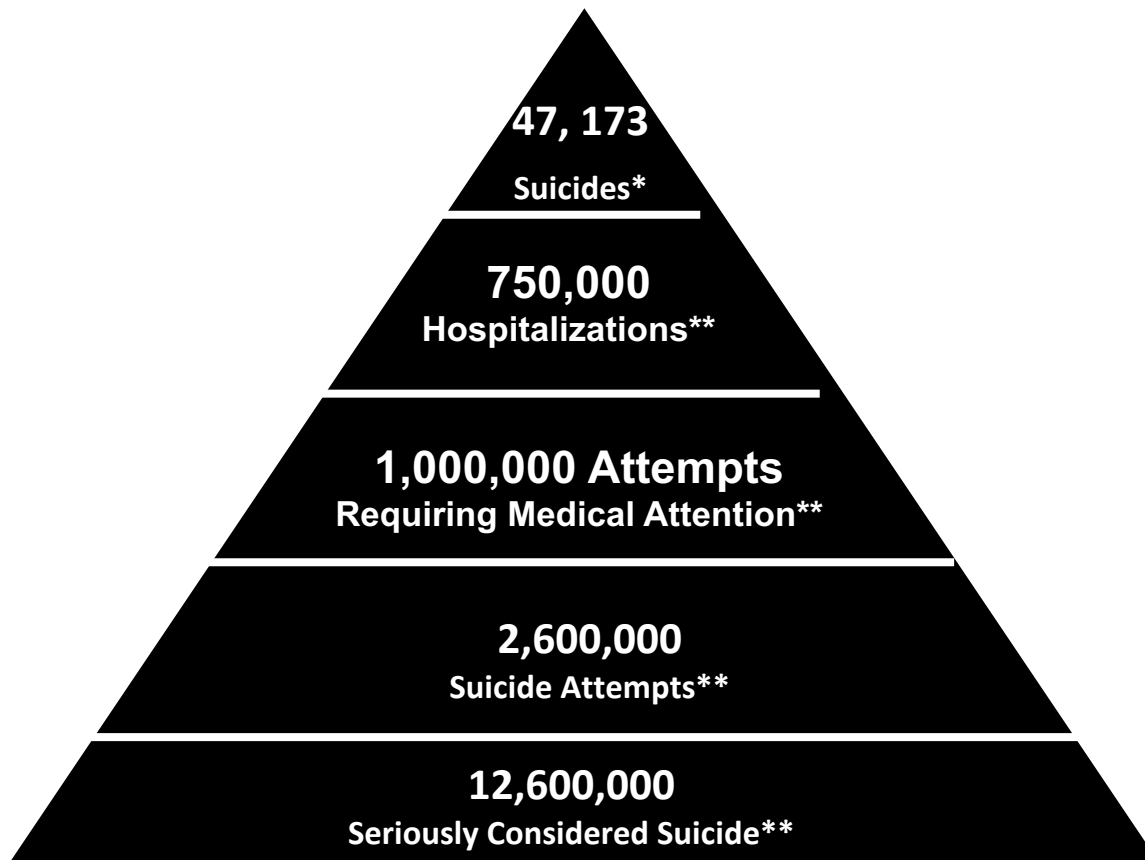


The Tale of Tragedy and Misery



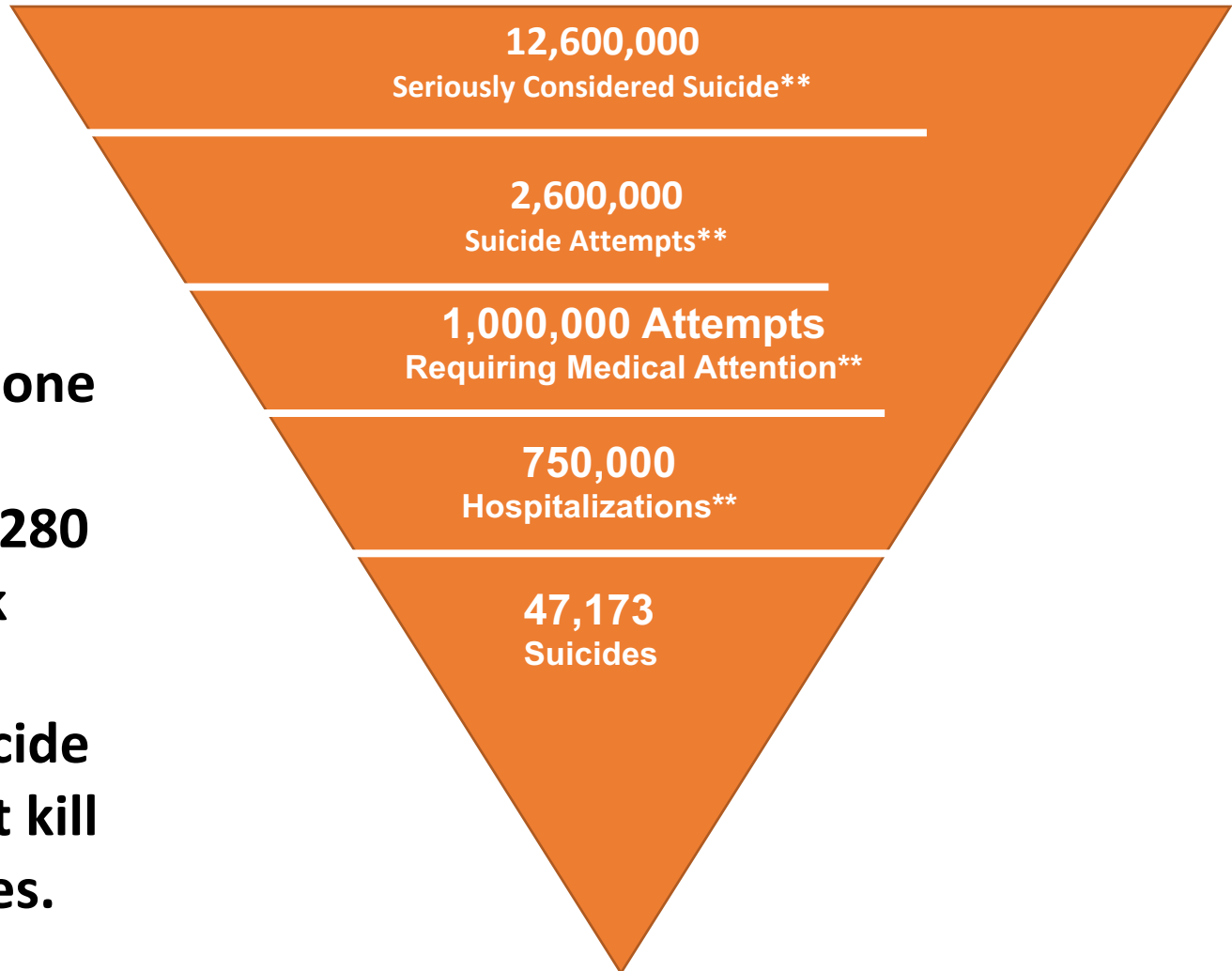
SLIDE FROM DR. DeQuincy LeZine, Prevention Communities Inc. Primary author, *The Way Forward*, publication of the NAASP

Source: * National Center for Injury Prevention and Control, Centers for Disease Control and Prevention. (2009). *Web-based Injury Statistics Query and Reporting System (WISQARS)*. Available from: www.cdc.gov/injury/wisqars/index.html. And CDC YRBS, 2016

**Substance Abuse and Mental Health Services Administration, *Results from the 2015 National Survey on Drug Use and Health: Mental Health Findings*, NSDUH Series H-42, HHS Publication No. (SMA) 11-4667. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2016. And CDC YRBS, 2016.

Changing the Conversation

**For every one
suicide....
there are 280
who think
seriously
about suicide
who don't kill
themselves.**



Stories of Coping: “Papageno Effect”

“Healing, hope and help are happening”.

- *Stories of positive coping with suicidality, hope and recovery*
- *Research demonstrating treatments or actions that prevent suicide*

“Reporting of individual suicidal ideation (not accompanied by attempted or completed suicide) was associated with a decrease in suicide rates....”



The study suggests that prevention of suicidal behavior by media reports is possible.”

Niederkröthenthaler et al, Brit. Jnl Of Psychiatry, 2010

Top Suicidal Coping Strategies

198 adults with history of mental illness/treatment and at least one suicide attempt were asked:

“If your darkness and despair escalated to actual thoughts of suicide, what has helped you in the past to not take that action?”

(write up to 5 coping strategies)

Alexander et al, 2009

- **Spirituality/religious practices** 18 %
- **Talking to someone/companionship** 14 %
- **Positive thinking** 13 %
- **Using mental health system** 12 %
- **Considering consequences to people close to me** 9 %
- **Using peer supports** 8 %
- **Doing something pleasurable** 8 %
- **Protecting myself from means** 5 %
- **Doing grounding activities** 4 %
- **Considering consequences to myself/fear** 2 %
- **Doing tasks to keep busy** 2 %
- **Maintaining sobriety** 1 %

“Everybody Can Take Actions...”

#BeThe1to.com 5 Action Steps



Find out why this can save a life at
www.BeThe1To.com

If you're struggling, call the Lifeline at
1-800-273-TALK (8255)



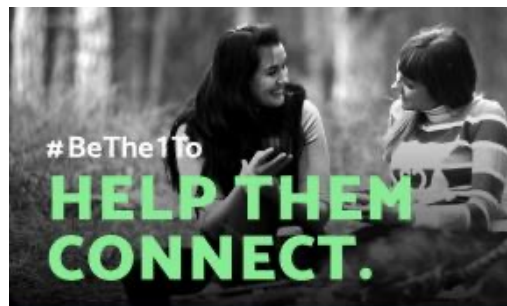
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