TALK SAVES LIVES FOR PROPERTY MANAGERS

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TALK SAVES LIVES™
An Introduction to Suicide Prevention

AMERICAN FOUNDATION FOR Suicide Prevention
Suicide is a health issue.
You can prevent suicide.
Scope of the Problem
Research
Prevention
What You Can Do
## Language Do’s and Don’ts

<table>
<thead>
<tr>
<th>Avoid</th>
<th>Say</th>
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</thead>
<tbody>
<tr>
<td>“Committed suicide”</td>
<td>“Died by suicide”</td>
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<tr>
<td></td>
<td>“Ended his/her life”</td>
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<tr>
<td></td>
<td>“Killed himself/herself”</td>
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<tr>
<td>“Failed” or “successful” attempt</td>
<td>“Suicide attempt” or “death by suicide”</td>
</tr>
</tbody>
</table>
Scope of the Problem
Someone dies by suicide every 40 seconds.
In the U.S. suicide is the 10th leading cause of death.

In 2017: 47,173 people died by suicide.
For every suicide...

25 others attempt.
Suicide impacts individuals and communities.
Suicide has an economic impact. $69 billion per year in the United States.
Why do people take their own lives?
There is no single cause, but rather multiple intersecting factors.
9 out of 10 people who die by suicide have a mental health condition contributing to their death.
1 in 4 people will suffer from a mental health condition, and most do not go on to die by suicide.
Physical Differences

The brains of people who die by suicide **differ** from those who die from other causes in both **structure** and **function**.
Most people who attempt suicide are ambivalent about death.
The Perspective of a Suicidal Person

Crisis point has been reached.
Desperate to escape unbearable pain.
Thinking becomes limited.
Risk Factors

- Health
- Historical
- Environmental
Health Factors

Mental health conditions:

- Depression
- Bipolar disorder
- Anxiety disorder
- Personality disorders
- Psychosis
- Substance use disorders
Other Health Factors

- Serious or chronic health conditions
- Serious or chronic pain
- Serious head injuries
Historical Factors

• Family history of suicide
• Family history of mental health conditions
• Childhood abuse
• Previous suicide attempts
Environmental Factors

- Exposure/contagion
- Prolonged stress
- Stressful life event
- Access to lethal means
What others know:

What they may not know:

- Genetic risk
- Depression
- Prolonged stress at work
- Drinking more than usual
Prevention
Protective Factors

- Mental health care
- Family and community support
- Problem-solving skills
- Cultural and religious beliefs
Mental health care is an important ingredient for preventing suicide.
The problem: only 2 in 5 with a mental health condition seek treatment

We need a culture where everyone knows to be smart about mental health.
Being Proactive About Mental Health

Make mental health a priority.

- See a doctor or mental health professional
- Get an evaluation
- Discuss treatment options
- Find what works best for the individual
The law requires insurance plans to cover mental health services the same as physical health services.
Self Care Strengthens Mental Health

- Exercise
- Healthy diet
- Sleep
- Stress management
Self-Care Strategies for Resilience
Self-Care

Why is it important?

- Reduce stress
- Encourage wellness
- Restore a sense of well-being

Simple self-care activities can help you take a step back, breathe, and focus on you.
Mind

- Have a daily routine
- Set goals each day
- Make a gratitude list
- Take breaks
- Practice mindfulness
- Read a book
- Express your feelings

- Develop a project, activity or new skill (e.g., painting, knitting, woodworking)
- Acknowledge something you did
- Schedule worry time
- Journal

afsp.org
Body

- Walk, exercise, go outside if you can
- Set a sleep routine, giving yourself time to rest and restore
- Practice meditation and yoga
- Take deep, slow breaths
- Take a bath or shower
- Eat something healthy
- Drink a cup of tea
- Limit your caffeine and alcohol intake
- Put on your favorite song and dance

afsp.org
Heart Soul

- Ask for help
- Donate to a cause
- Tell someone you love them
- Reach out to someone who may need you
- Follow “feel good” social media

- Set boundaries for yourself
- Write a poem or short story
- Share something special
- Connect with whatever inspires you

afsp.org
Surroundings

- Create a "retreat" space
- Make your space comfortable and safe
- Display something you like to look at
- Watch your favorite movie or show – or something you’ve been meaning to see
- Join a virtual gathering

afsp.org
Support for loss survivors and those with lived experience.
The most important thing you can put between a suicidal person and their way of ending their life is **time**.
Limiting access to means prevents suicide.
Limiting Access to Means

- CO sensors in cars
- Barriers on bridges
- Blister packaging for medication
- Secure firearms
What You Can Do
Have a Conversation
Watch for the warning signs
Reach out
Seek help
Suicide Warning Signs

Talk
Behavior
Mood
Talk

• Ending their lives
• Having no reason to live
• Being a burden to others
• Feeling trapped
• Unbearable pain
Behavior

- Increased use of alcohol or drugs
- Issues with sleep
- Acting recklessly
- Withdrawing from activities
- Isolating from family and friends
- Looking for a way to kill themselves
- Giving away possessions
Mood

- Depression
- Apathy
- Rage
- Irritability

- Impulsivity
- Humiliation
- Anxiety
Trust your gut.
Assume you’re the only one who is going to reach out.
How to Reach Out

• Talk to them in **private**
• **Listen** to their story
• Express **concern** and **caring**
• **Ask directly** about suicidal thoughts
  – Are you thinking of ending your life?
• Encourage them to **seek mental health services**
Avoid minimizing their feelings.

Avoid trying to convince them life is worth living.

Avoid advice to fix it.
If you think they might make an attempt soon.

- **Stay** with them
- Help them **secure or remove lethal means**
- **Escort** them to mental health services
For Emergencies
Call 911
We can create a culture that’s **smart** about **mental health** and **suicide prevention**.
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Help us improve our program by completing the feedback form.

Visit afsp.org/TSLparticipant
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