First Responder Suicide NIH National Institute of Mental Health Call or text the 988 Suicide & Crisis Lifeline

Fire Chaplain Support

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What is suicide?

- ■Suicide is a major public health concern.
 - In 2020, suicide was the 12th leading cause of death overall in the United States,
 - claiming the lives of over 45,900 people.
- Suicide is complicated and tragic,
 - but it is often preventable.
- ► Knowing the warning signs for suicide
 - and knowing how to get help can help save lives.

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What are the warning signs of suicide?

- Talking about wanting to die or wanting to kill themselves
- ■Talking about feeling empty or hopeless or having no reason to live
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable emotional or physical pain
- ■Talking about being a burden to others
- Withdrawing from family and friends

Warning signs continued

- ■Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, such as making a will
- ■Taking great risks that could lead to death, such as driving extremely fast
- ■Talking or thinking about death often
- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy

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Other serious warning signs

- Making a plan or looking for ways to kill themselves, such as searching for lethal methods online, stockpiling pills, or buying a gun
- Talking about feeling great guilt or shame
- →Using alcohol or drugs more often
- Acting anxious or agitated
- Changing eating or sleeping habits
- ■Showing rage or talking about seeking revenge

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ASK:

- "Are you thinking about killing yourself?"
- It's not an easy question,
- but studies show that asking at-risk individuals
 - ■if they are suicidal
 - It does not increase suicides or suicidal thoughts.

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KEEP THEM SAFE:

- Reducing a suicidal person's access to highly lethal items or places
 - ■is an important part of suicide prevention.
- While this is not always easy,
 - ■asking if the at-risk person has a plan
 - and removing or disabling the lethal means can make a difference.

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BE THERE:

Listen carefully and learn what the individual is thinking and feeling.

- Research suggests
 - acknowledging and talking about suicide
 - -may reduce
 - rather than increase suicidal thoughts.

HELP THEM CONNECT:

- Save the 988 Suicide & Crisis Lifeline number (call or text 988)
 - in your phone so they're there if you need them
- You can also help make a connection
 - with a trusted individual like a family member,
 - ■friend,
 - spiritual advisor,
 - or mental health professional.

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STAY CONNECTED:

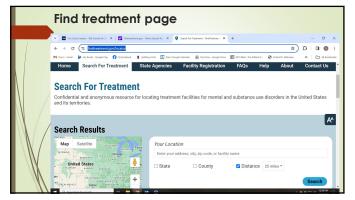
- Staying in touch after a crisis
- ■It can make a difference.
- Studies have shown
- the number of suicide deaths goes down
 - when someone follows up with the at-risk person.

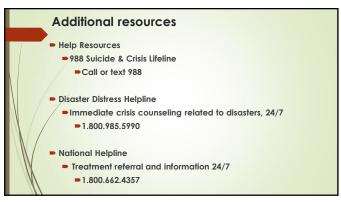
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What are the risk factors for suicide?

- Depression, other mental disorders, or substance use disorder
- Chronic pain
- Personal history of suicide attempts
- Family history of a mental disorder or substance use
- Family history of suicide
- Exposure to family violence, including physical or sexual abuse
- Presence of guns or other firearms in the home
- Having recently been released from prison or jail







Additional Training	
■SafeTalk ■3.5 hour session ■We're planning to offer this in the future Assist ■Is a two day session ■To be offered in the future	