

TRAGEDY EVERY 40 SECONDS

LET'S TALK SUICIDE



SUICIDE IS A PERMANENT SOLUTION TO A TEMPORARY PROBLEM

WORLD HEALTH ORGANIZATION FACTS ON SUICIDE

800,000



1:40 SECONDS

Globally, close to 800,000 people die due to suicide every year, which is one person every 40 seconds.

11.5 Annual global age-standardized suicide rate is 11.5 suicides per 100,000 population.

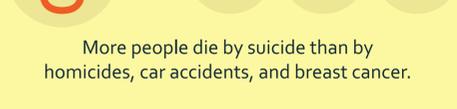
10.9 Annual suicide rate in Canada is approximately 10.9 suicides per 100,000 population.

12.8 Annual suicide rate in the United States of America is approximately 12.8 suicides per 100,000 population.

51 Annual suicide rate in the Greenland is approximately 51 suicides per 100,000 population.

20 → 1

For each adult who died by suicide there may be more than 20 others who have attempted suicide.



More people die by suicide than by homicides, car accidents, and breast cancer.

15-29 #2

Worldwide death by suicide is the second leading cause of death among 15-29-year-olds.



Poisoning, hanging, and firearms are the three most common methods of suicide.



Globally men die by suicide more often than women, but women attempt suicide more often than men.



Many suicides happen impulsively in moments of crisis.

"The Decision To Stop Living Is One That People Arrive At By Different Paths, Some Over Months, But Many In A Matter Of Minutes."

RISK FACTORS FOR SUICIDE

Being a part of any of these groups increases your risk for dying by suicide



CRITICAL WARNING SIGNS OF SUICIDE

The following three signs should prompt you to immediately reach out to a mental health professional:



Talking about wanting to die or to kill oneself.



Looking for methods to kill oneself.



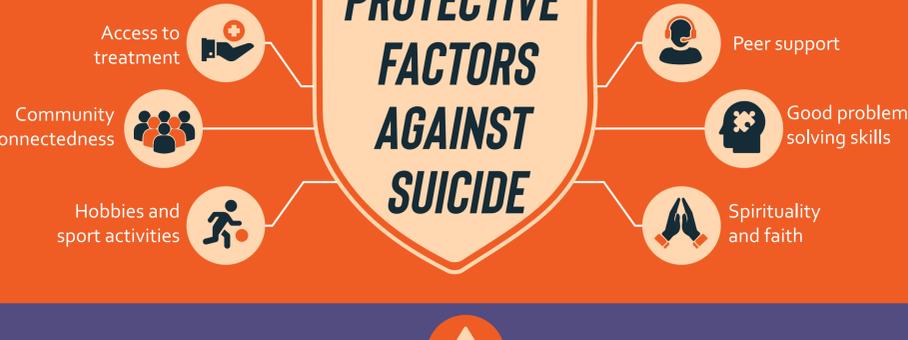
Talking about feeling hopeless or having no reason to live.

WARNING SIGNS OF SUICIDE

Other Indicators:



PROTECTIVE FACTORS AGAINST SUICIDE



WHAT CAN YOU DO TO PREVENT SUICIDE?

"Support In That Impulsive Moment Of Despair Is Crucial To Reducing Death By Suicide."

- Learn about the risk factors and warning signs
- Be upfront and ask directly if concerned about suicide
- Be comfortable having a conversation about suicide, mental health, and feelings
- Know where to go to get help if you are concerned

DID YOU KNOW?

STIGMA

Stigma means that many people thinking of taking their own life are not seeking help and are therefore not getting the help they need.



Asking about suicidal thoughts or feelings won't push someone into doing something self-destructive.



Having an opportunity to talk about feelings may reduce the risk of acting on suicidal feelings.

HOLDING A SUPPORTIVE CONVERSATION AROUND SUICIDE



A-L-E-C Model For Supportive Conversations

ASK	LISTEN	ENCOURAGE	CHECK-IN
<p>Ask about suicide and if they have a suicide plan. Be direct. Comment on what you have noticed. Express your concern for the safety and well-being of the person.</p> <p>"I've noticed (list specific behaviors). Are you planning on killing yourself?"</p>	<p>Listen and give reassurance that it is okay to talk about their thoughts and feelings.</p> <p>"Tell me more about your thoughts of suicide."</p>	<p>Encourage them to create a safety plan and seek a mental health professional. Know the resources that are available in your company and community around mental health and suicide. If emergency medical care is needed, dial 911 or go to your nearest hospital/emergency room.</p> <p>"Have you talked to your doctor about this?"</p>	<p>Check in regularly. Continue to be supportive, compassionate, and encouraging.</p> <p>"I've been thinking of you and wanted to know how you've been doing since we last chatted."</p>

"It Is Okay To Ask If Someone Is Feeling Suicidal. It Could Save A Life."

SUICIDE INTERVENTION DO'S AND DON'T'S

DO'S

- Ask About Suicide Openly
- Share Your Feelings And Concerns
- Be Calm
- Tell The Person That You Don't Want Them To Die
- Trust Yourself And Your Instincts
- Get Help And Seek Advice

DON'TS

- Don't Give Advice
- Don't Agree To Keep Secrets
- Don't Try To Change The Subject
- Don't Try To Cheer The Person Up
- Don't Say That Everything Will Be Alright
- Don't Try To Go It Alone

"Suicide Intervention Relies On Good Communication Skills."

For More Resources and Courses Visit WorkSmartLiveSmart.com

