



Quarter 4 - 2024

NEWSLETTER

Suicide Prevention

WHY TALKING ABOUT "IT" IS ESSENTIAL

RESOURCE: [HTTPS://WWW.PINEREST.ORG/NEWSROOM/ARTICLES/PREVENTING-SUICIDE-BLOG/](https://www.pinterest.org/newsroom/articles/preventing-suicide-blog/)

Suicide touches all of us. Most of us have known or loved at least one person who took their life or who lives in the aftermath of losing a friend or family member to suicide. However, most of us feel very uncomfortable talking to someone about whether they are having thoughts about harming themselves.

Suicide prevention starts with recognizing these warning signs and taking them seriously. However, talking to someone about these signs or symptoms can be extremely difficult. If you are unsure whether someone is suicidal, the best way to find out is to ask. You cannot make a person suicidal by showing you care. In fact, giving a suicidal person the opportunity to express their feelings can provide relief from loneliness and pent-up negative feelings and may prevent a suicide attempt.

You can help prevent suicide. Stay educated and know that you can make a difference in someone's life simply by listening and keeping an open line of communication.

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- Understanding Suicide
- Tips for Talking About Suicide

Understanding Suicide

People who experience suicidal thoughts often don't want to die but desperately want to escape unbearable suffering. A suicidal person can't see any way out of their excruciating pain except through death. Despite their desire for the pain to stop, they are deeply conflicted about the act of suicide and wish there was an alternative. Most people who die by suicide talk about ending their lives prior to taking action. Thus, any mention of suicidal thoughts or plans should be taken seriously. Studies also show that hopelessness is a strong predictor of suicide. People who feel hopeless talk of unbearable feelings, a bleak future and having nothing to look forward to.

Warning Signs

- #1** Talking about wanting to die
- #2** Feeling sad, depressed, and/or lethargic
- #3** Talking about having an intent, and means of suicide
- #4** Humiliation after a life-altering event
- #5** Feeling like a burden
- #11** Isolating or withdrawing from loved ones
- #12** Having no interest in previously loved activities
- #13** Deteriorating self-care
- #14** Feeling hopeless
- #15** Changes in eating, sleeping, or work patterns



Tips for Talking About Suicide

WAYS TO START A CONVERSATION ABOUT SUICIDE:

- * I've really been feeling concerned about you lately.
- * Recently I've noticed some differences in you, and I'm wondering how you are doing.
- * I wanted to check in with you because you haven't seemed yourself lately.

If the individual you are talking to admits to suicidal feelings, you can continue the conversation by inquiring:

- * When did you begin feeling like this?
- * Did something happen that made you start feeling this way?
- * You are not alone in this, you know. I'm here and I want to be helpful. How can I help you right now?

WHEN YOU ARE TALKING TO SOMEONE WHO IS FEELING SUICIDAL, DO:

- * Be yourself. Let the person know you care and they are not alone.
- * Listen. Let the person unload no matter how negative the conversation seems.
- * Be sympathetic, non-judgmental, patient, calm and accepting.

WHEN TALKING WITH SOMEONE WHO WANTS TO HARM THEMSELVES, DON'T:

- * Argue or say things about how much they have to live for.
- * Act shocked or lecture them on the value of life or the wrongness of suicide.
- * Promise confidentiality. A life is at stake and you may need to speak to someone in order to keep the suicidal person safe.
- * Offer advice or make them feel they have to justify their feelings.
- * Blame yourself.

HELP IS AVAILABLE - THERE IS HOPE!

Dial or text "988" for a 24/7 Suicide and Crisis Lifeline. The Three-digit, nationwide phone number will connect you directly to the prevention and crisis lifeline. For more information, please visit: www.988lifeline.org

Resources

- Blomquist Hale – 801-262-9619
- National Suicide Prevention Lifeline – 1-800-273-(TALK)8255
- UNI Crisis Line and Mobile Crisis Outreach Team 801-587-3000
- Trevor Project Lifeline 1-866-488-7386 (24/7/365)
- SafeUT chat can be utilized by both youth and adults
- Behavioral Health Access Centers (McKay Dee, LDS Hospital, UNI)

Blomquist Hale

SOLUTIONS

801.262.9619

blomquisthale.com