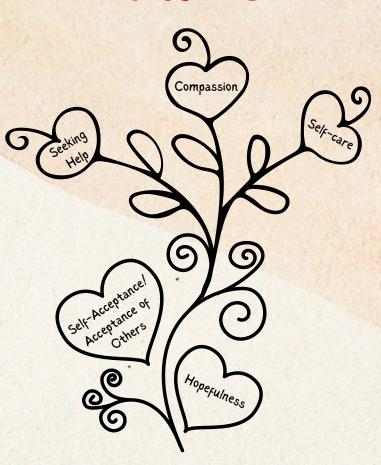


Suicide Prevention

Values



Terms

Mental Health

 Encompasses our emotional. psychological, and social wellbeing and impacts many aspects of life, such as thoughts, feelings, actions, and reactions.

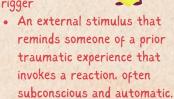
Self-harm/Self-injury

· Behaviors used by people with extreme mental health problems who do not have other coping tools.

Mental Health Stigma

 Includes public stigma (feelings from others), self-stigma (internalized feelings), and institutional stigma (such as hostile work environment), and relates to attitudes about mental health and opportunities available to those with mental illness.

Trigger



Therapy/Therapies

 Speaking with a mental health professional about your emotions, behaviors. and relationships to better understand yourself and improve your overall mental health and well-being. Some types of therapies include talk therapy, creative arts therapies, cognitive behavioral therapy, dialectical behavioral therapy (DBT). and taking medication.

Timeline

1602

Shakespeare's Ophelia commits suicide in the first performance of Hamlet

1955

Deinstitutionalization begins in the United States

2013

Suicide Behavior Disorder added to the DSM for consideration

1946

The National Mental Health Act is passed

2005

The National Suicide Prevention Lifeline is created

support, the Lifeline network is available 24/7 across the United States by dialing 988.



If you're thinking about suicide, are worried about a friend or loved one, or would like emotional



Steve Burns



Janelle Monae



Kevin Hines



Sylvia Plath



Anthony Bourdain

Statistics

TOP 3

commonly diagnosed mental health disorders in the U.S. are anxiety disorders, major depressive disorder, & bipolar disorder. When co-occurring telehealth options than w/ substance dependence increases risk.

50-175 x's

more patients were seen by health professionals due to the availability of before the COVID-19 pandemic.

35-45 year olds

have a greater suicide rate. increasing with age.

12.2 million

American adults seriously thought about suicide, 3.2 million planned a suicide attempt, and 1.2 million attempted suicide. The LGBTQ+ community is particularly at risk (42%).

217,447

estimated emergency visits due to self-harm for 10-24 year olds. with girls/young women having twice the visit rate as boys/young men.

Action

- Share our infographic.
- Commit to a weekly act to help raise mental health awareness and support suicide prevention!
 - No shame! Seek help if you need it from friends, family, a mental health professional, and/or the National Alliance on Mental Illness (NAMI). Reach out to someone.
- Increase physical activity and/or start a journal to express your feelings in a safe and private space, using resources such as feeling wheels.
 - One small action can make a huge difference (Butterfly Effect), such as asking loved ones how you can support them and making it a point to talk about suicide prevention and mental health awareness.





