



Suicide Prevention

Values



Terms



Mental Health

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

Trigger

- An external stimulus that reminds someone of a prior traumatic experience that invokes a reaction, often subconscious and automatic.

Self-harm/Self-injury

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

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.

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.

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

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States by dialing 988.

People



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 w/ substance dependence increases risk.

50-175 x's

more patients were seen by health professionals due to the availability of telehealth options than 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.

Suicide and Crisis Lifeline 24/7
988

