


Suicide Prevention 101

Chip Glaze, J.D., LMFT
 The Mississippi Bar Lawyers and Judges Assistance Program
 9th Annual Mississippi Addiction Conference
 February 25, 2017



Suicide Statistics

- There were 42,773 suicides in 2014 in the United States -- an average of 117 each day; 1 every 12 minutes
- Suicide was the tenth (10th) leading cause of death for all ages in 2014 (more than car crashes.)
- Experts estimate there are 25 suicide attempts for each documented death. (*Note: 40,000 suicides translates into 1,000,000 attempts annually*)
- It is estimated that there are 6 survivors for each death by suicide; 6 new survivors every 12 minutes OR 667 new survivors each day

© CPR Institute, Inc.

Initial Caveats:

- Suicide can be a very difficult, uncomfortable topic to discuss. That said, it is a **VERY IMPORANT** topic, and **needs** to be discussed.
- There is someone (or several) in the room today who has been personally touched by suicide, so let's do our best to be considerate.
- Our time together works best as a *conversation*, as opposed to a lecture. *Nothing* I have to say is more important than your question.

What do we hear/say?

"How could he do this to _____?"

"No one could have seen this coming."

"I just can't believe..."

"What could she have been thinking?"

Suicide

How does [has] suicide affected us?

What do we know? ***Or think we know?***

What do we believe?

Selfish? Cowardice? Sin?

Tragically, too often we also hear:

"I knew something was wrong, but..."

"I didn't know him that well"

"I didn't know what to do"

"I didn't want to make things worse"

"Nothing anyone could have done."

"I could have (or should have)..."

True or False

F Once a person decides to commit suicide, there is nothing anyone can do to stop them.

Suicide is actually the most preventable kind of death and almost any positive action may save a life.

T Anyone can help prevent the tragedy of suicide.

No expertise is required to effectively intervene at the point of a suicidal crisis. Awareness, willingness, and a little training are all that are necessary.



Yes you could

T Most suicidal people communicate their intent sometime during the week preceding their attempt.

The longstanding and widely held belief that people keep their plans to themselves is, in the vast majority of cases, inaccurate.

F Confronting a person about suicide will make them angry and increase the risk of suicide.

Asking someone directly about suicidal intent lowers anxiety, opens up communication, and lowers the risk of an impulsive act.

**Doubt it? With your help, I can prove it.
If you are interested and willing, please repeat after me:**


“Are you thinking of suicide?”


Congratulations, you’ve just demonstrated the most difficult and most important of 3 skills necessary to

Save A Life

*Could
you save
a life?*






 Included in SAMHSA's
 National Registry of
 Evidence-based
 Programs and Practices

© QPR Institute, Inc.

QPR

Suicide Clues And Warning Signs

- Take all signs seriously.
- The more clues and signs observed, the greater the risk.

© QPR Institute, Inc.

QPR

QPR

Question, Persuade, Refer

© QPR Institute, Inc.

QPR

Direct Verbal Clues:

“I’ve decided to kill myself.”

“I’m going to commit suicide.”

“If (such and such) doesn’t happen, I’ll kill myself.”

“I won’t be around much longer.”

“Pretty soon you won’t have to worry about me.”

© QPR Institute, Inc.

QPR

QPR

QPR is not intended to be a form of counseling or treatment.

QPR is intended to offer hope through positive action.

© QPR Institute, Inc.

QPR

Verbal Clues

“I just want out.”

“I wish I were dead.”

“I’m tired of life, I just can’t go on.”

“My family would be better off without me.”

“Who cares if I’m dead anyway.”

© QPR Institute, Inc.

QPR

Behavioral Clues:

- Any previous suicide attempt
- Acquiring a gun or stockpiling pills
- Depression, moodiness, hopelessness
- Putting personal affairs in order

© QPR Institute, Inc.

QPR

Situational Clues Continued:

- Diagnosis of a serious or terminal illness
- Sudden unexpected loss of freedom/fear of punishment
- Anticipated loss of financial security
- Loss of a cherished therapist, counselor or teacher
- Fear of becoming a burden to others

© QPR Institute, Inc.

QPR

Behavioral Clues Continued:

- Giving away prized possessions
- Sudden interest or disinterest in religion
- Drug or alcohol abuse, or relapse after a period of recovery
- Unexplained anger, aggression and irritability

© QPR Institute, Inc.

QPR

Tips for Asking the Suicide Question

- Give yourself plenty of time
- Talk to the person alone in a private setting
- Allow the person to talk freely
- If in doubt, don't wait, ask the question
- If the person is reluctant, be persistent
- Have your resources handy; QPR Card, phone numbers, counselor's name and any other information that might help

© QPR Institute, Inc.

QPR

Situational Clues:

- Being fired or being expelled from school
- A recent unwanted move
- Loss of any major relationship
- Death of a spouse, child, or best friend, especially if by suicide


© QPR Institute, Inc.

QPR

Remember:


How you ask the question is less important than that you ask it

© QPR Institute, Inc.

 **Q** Question


Direct Approach:
 Seems like you're pretty miserable, I wonder if you're thinking about suicide?"
 "Are you thinking about killing yourself?"
 "Are you thinking of suicide?"

© QPR Institute, Inc.


 **P** Persuade

How to persuade someone to stay alive:
 Listen to the problem; give them your full attention
 Remember, suicide is not the problem, only the solution to a perceived insoluble problem
 Do not rush to judgment
 Offer hope in any form

© QPR Institute, Inc.


 **NOTE:**
If you cannot ask the question, find someone who can.

© QPR Institute, Inc.

 **P** Persuade


Then Ask:
 "Will you go with me to get help?"
 "Will you let me help you get help?"
 "Will you promise me not to kill yourself until we've found some help?"
 * Contract for safety

© QPR Institute, Inc.

 **Q** Question

How NOT to ask the suicide question:
 "You're not thinking of killing yourself, are you?"
 "You wouldn't do anything stupid would you?"
 "Suicide is a dumb idea. Surely you're not thinking about suicide?"

© QPR Institute, Inc.

 **Remember:**
Your willingness to listen and to help can rekindle hope, and make all the difference.

© QPR Institute, Inc.



R Refer

Suicidal people often believe they cannot be helped, so you may have to do more.

The best referral involves taking the person directly to someone who can help.

The next best referral is getting a commitment from them to accept help, then making the arrangements to get that help.

Any willingness to accept help at some time, even if in the future, is a good outcome.

© QPR Institute, Inc.



For Effective QPR

Get Others Involved. Ask the person who else might help. Family? Friends? Siblings? Pastors? Priest? Rabbi? Bishop? Physician?

Join a Team. Offer to work with clergy, therapists, psychiatrists or whomever is going to provide the counseling or treatment.

© QPR Institute, Inc.



Remember:

Since almost all efforts to persuade someone to live instead of attempt suicide will be met with agreement and relief, don't hesitate to get involved or take the lead.

© QPR Institute, Inc.



Remember:

When you apply QPR, you plant the seeds of hope. Hope helps prevent suicide.

© QPR Institute, Inc.



For Effective QPR

Say: "I want you to live," or "I'm on your side...we'll get through this."

Arrange to follow up with a visit, a phone call or a card, and in whatever way feels comfortable to you, let the person know you care about what happens to them. Caring may save a life.

© QPR Institute, Inc.



If you want to know more about **QPR**
go to: <http://www.qprinstitute.com/>



In Closing:

You Can Do This!

You Can Save A Life!

Please Do This!

If you'd like to know more about **LJAP**

The Mississippi Bar
Lawyers and Judges Assistance Program

(O) - 601-948-0989

(C) - 601-201-0577

cglaze@msbar.org

cbarrett@msbar.org

<http://www.msbar.org/programs-affiliates/lawyers-judges-assistance-program.aspx>