

# SUICIDE PREVENTION



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# SUICIDE

When people intentionally act self destructively with an intent to kill themselves, and they die because of their actions

# SUICIDE ATTEMPT

When people intentionally act self destructively with an intent to kill themselves, but they survive

# SUICIDEAL IDEATION

Having thoughts about killing oneself; These thoughts may involve a plan. They must be evaluated, whether or not there is an underlying psychiatric disorder.

# NON SUICIDAL SELF INJURY

Intentional destruction of one's own body tissue without suicidal intent and for reasons not socially sanctioned; includes behaviors such as cutting or burning oneself, banging/punching objects or oneself, etc



# NUMBERS

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- 33% increase in suicide deaths in the last 20 years
- For every completed suicide, there are 30 attempts made
- The elderly have a lower attempt to completion ratio
- Every year, 4% of US adults have suicidal ideation: less than half receive mental health care







# NUMBERS

- Suicide is currently the 12th leading cause of all deaths in the US
- 2nd leading cause for people aged 10-34
- 5th leading cause for people aged 35-54
- While the elderly, aged 65+, are 12% of the population, they comprise 18% of suicide deaths





- American Muslims are 2 time more likely than other religious groups to attempt suicide (JAMA Psychiatry, 2021)
- Two main reasons:
  - religious discrimination
  - community stigma

# NUMBERS



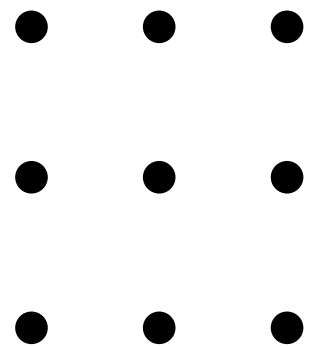


# RISK FACTORS

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- Previous suicide attempt
- Family history of suicide
- Serious or chronic illness
- Isolation
- Hopelessness
- Feeling like a burden
  
- Psychiatric illness
- History of child abuse
- Substance/Alcohol use disorders
- Extreme mental pain
- Impulsive/aggressive tendencies

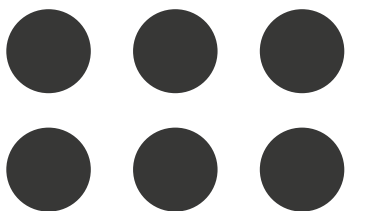
- Life stressors involving loss or extreme distress
- Victims of sexual violence
- Victims of domestic violence
- Loneliness



# WARNING

## SIGNS

- Verbal threats of suicide
- Expressions of hopelessness
- Talking about guilt or shame
- Talking about being a burden to others
- Impulsive or risk taking behaviors
- Depression
- Anxiety with panic attacks
- Sleep disturbances
- Anhedonia
- Saying goodbyes
- Putting affairs in order
- Increasing use of substances





# BARRIERS TO CARE

- Low perceived need
  - Wanting to handle it alone
  - Believing the problem is not that severe
  - Believing treatment will not be effective
  - Stigma
  - Shame
  - Self
- 





# LEARN TO ACT

- **A**cknowledge
  - Do take it seriously
  - Do listen attentively
  - Don't assume they are not serious or that they are seeking attention
- **C**are
  - Do voice your concern
  - Do take the initiative to start the conversation
  - Do listen calmly, without lecturing
  - Do ask if the person has a specific plan/date
  - Do be persistent in telling them you care about them, that they are important, etc
- **T**reatment
  - Do get professional help immediately
  - Do get help even if the person is unwilling



# RESOURCES



- [www.stopasuicide.org](http://www.stopasuicide.org)
- National Suicide Prevention Lifeline
  - 1-800-273-TALK (1-800-273-8255)
- Crisis Text Line
  - Text HELLO to 741-741
- Khalil Center
  - [www.khalilcenter.com](http://www.khalilcenter.com)
- SEEMA
  - [www.seemamentalhealth.com](http://www.seemamentalhealth.com)
- Jason Foundation
  - [jasonfoundation.com](http://jasonfoundation.com)

