

Suicide Prevention

Health Prevention and Education Unit
Prepared by Licensed Health Educators



Objectives

Define the concept of suicide and attempted suicide.



Identify warning signs for suicide prevention.

Recognize measures and strategies for suicide prevention.

Suicide vs. Suicide Attempt

Suicide attempt

- A suicide attempt occurs when a person engages in self-harming behavior with the intent to end their life but does not result in death.

Consummated suicide

- Suicide occurs when a person harms themselves with the intention of ending their life and dies as a result.



Definitions of suicide



Suicidal thoughts

Thoughts present in a person who wants to take their own life.

Suicide threat

Verbal or written expression of the desire to take one's own life.

Suicide attempt

Any destructive, self-inflicted, non-fatal act performed with the implicit or explicit intention of dying.

Death by suicide

Any destructive, self-inflicted, fatal act performed with the implicit or explicit intention of dying.

Risk factors

Psychological

- Depression, anxiety, personality disorders, substance abuse

Social

- Isolation, bullying, violence, discrimination

Biological

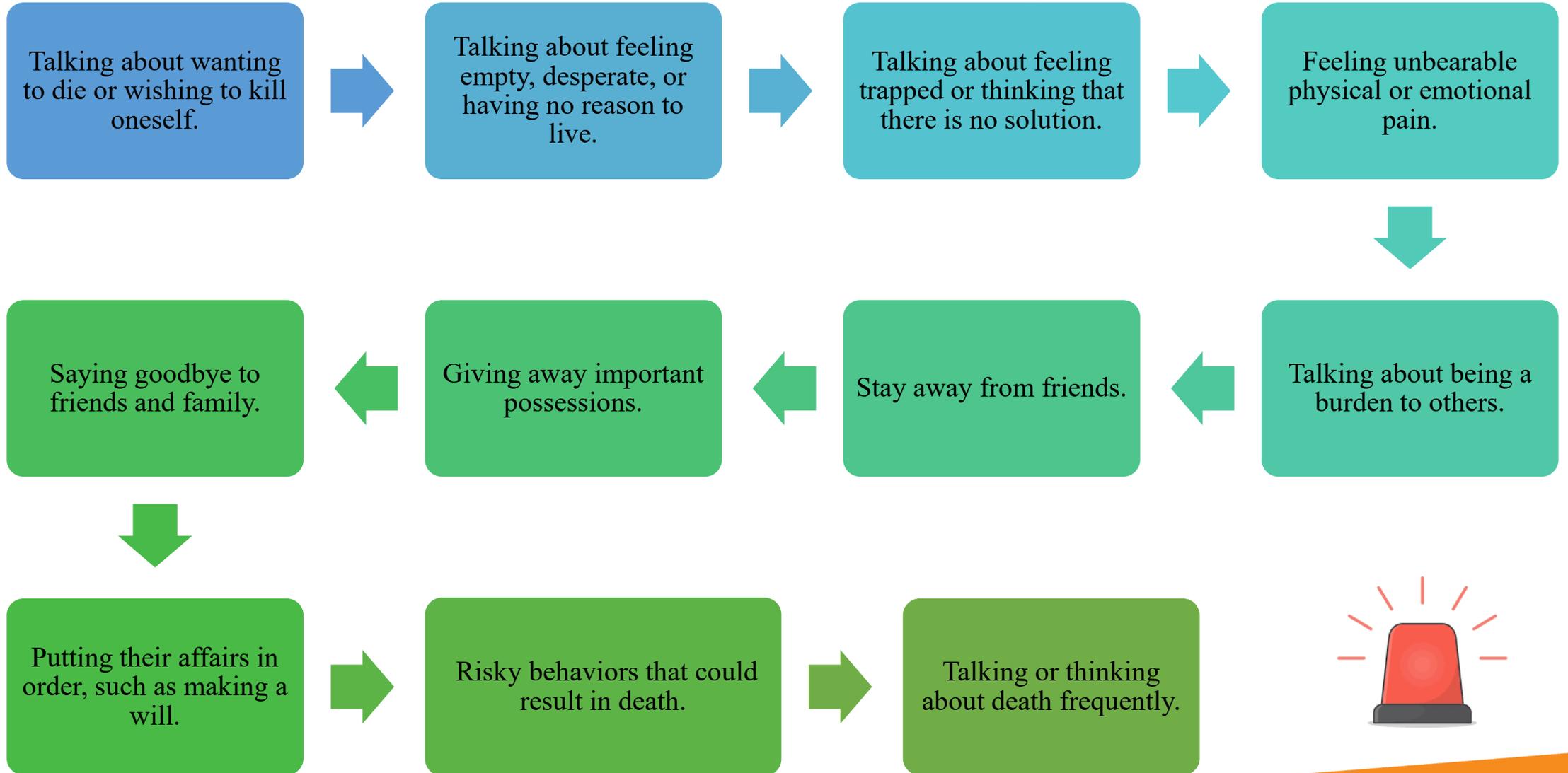
- Genetics, family history

Triggering events

- Losses, breakups, unemployment, illness



What are the warning signs?



Other warning signs...



Showing extreme mood swings, suddenly going from being very sad to feeling very calm or happy.

Making plans or looking for ways to commit suicide, such as searching for lethal methods online, stockpiling pills, or buying a weapon.

Talking about feeling very guilty or ashamed.

Consuming alcohol or drugs more frequently.

Appearing anxious or agitated.

Changing eating or sleeping habits.

Showing anger or talking about seeking revenge.

How can you tell if someone is thinking about suicide?

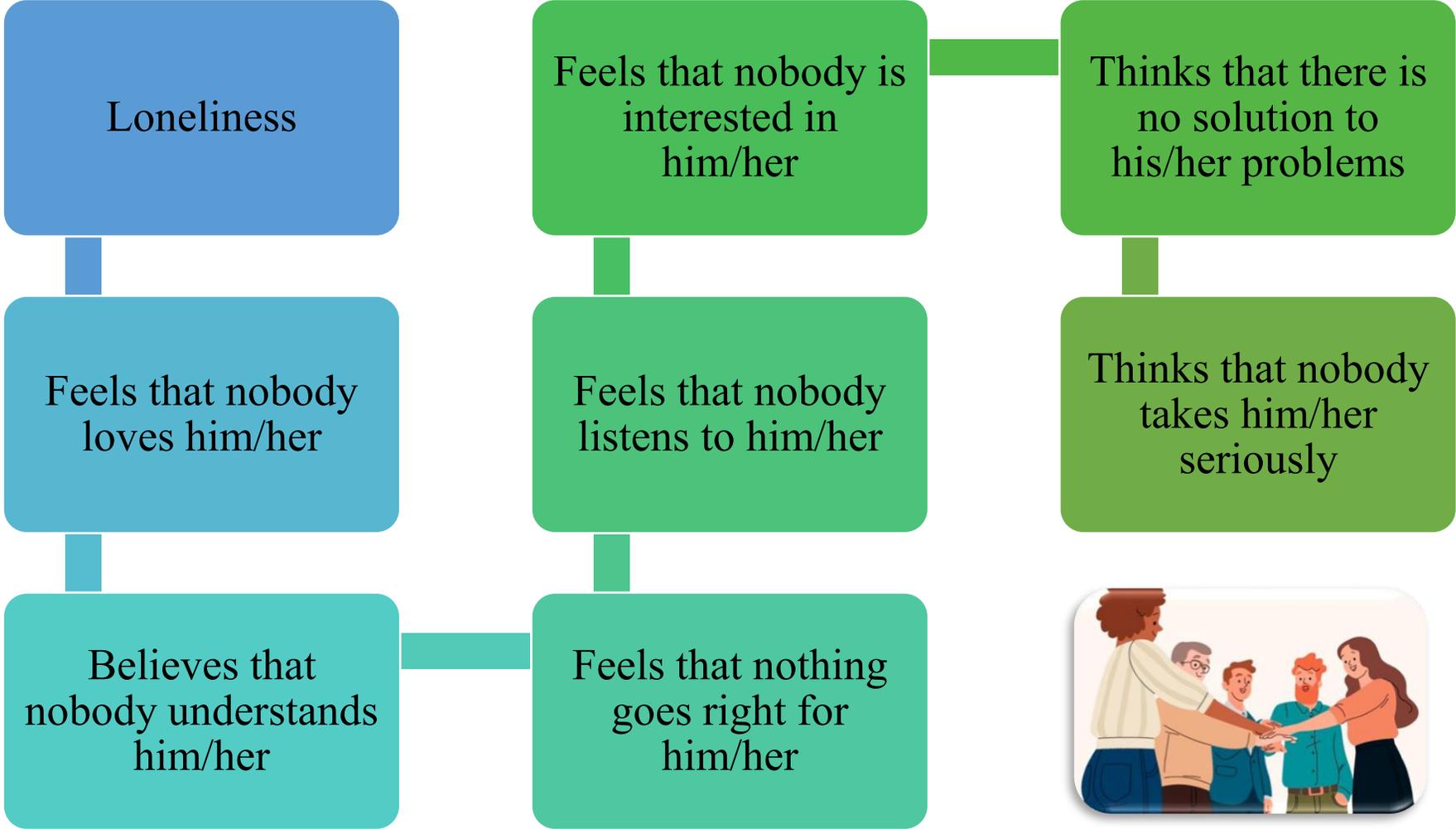
If a person verbally or in writing expresses threats of self-harm, physical harm, or death.

- “I want to kill myself.”
- “I won't be a problem for much longer.”
- “If anything happens to me, I want you to know that...”

Expresses himself / herself as if it were the last time he/she would see others.

- “Don't miss me, I'll be fine.”

Feelings that a person considering suicide might have:





How can we help?

How to assist someone with suicidal thoughts?

Use these guiding questions to check whether the person is at risk of acting on their feelings.

- How are you coping with what is happening in your life?
- Have you ever felt like giving up?
- Have you thought about death?
- Have you thought about hurting yourself?
- Have you thought about suicide?
- Have you thought about how or when you would do it?
- Do you have access to weapons or things you could use to hurt yourself?

Tell the person that is important and that you want to help.

Express compassion.

Show that you care about what the person is saying and let him/her know the importance of seeking help.

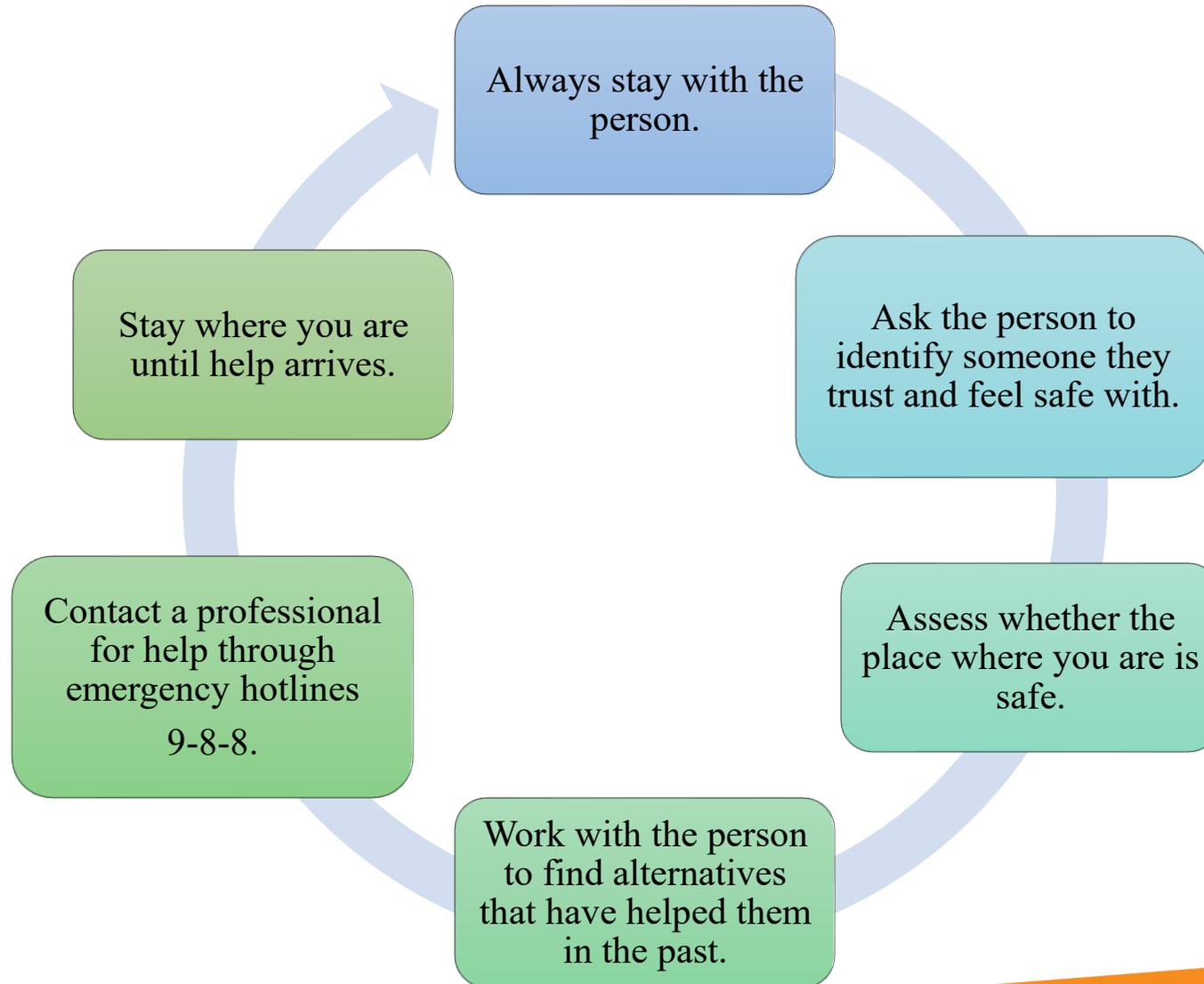


If someone tells you that they want to take their own life, it is important that you...

- Pay attention to what the person says.
- Don't leave them alone.
- Take them seriously.
- Don't scold or judge them.
- Understand and validate their feelings.
- Let them know that you want to help them.
- Encourage the person to verbalize and express their feelings.
- Seek professional help.
- Help them find answers and alternatives for their situations.



How to handle a suicide situation?



What should you do if that person is you?



Seek emergency help.

Call a friend or family member.

Protect your life.

Go to a hospital or contact the emergency hotline 9-8-8.

Don't be afraid to speak up.

Create an emergency plan.

Write down professional help numbers.

You can make a list of support people and participate in it.

Make a list of things that make you feel good.

Keep a list of things you can do to distract yourself.

Prevention

Seek help to
receive
appropriate
treatment.

Have a support
network.

Remember that
suicidal feelings
are temporary.

Social and Emotional Aspects

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician.





Helplines

- **9-1-1:** Emergency line available 24 hours a day, 7 days a week.
- **Mental Health and Addiction Administration (ASSMCA) PAS**
Line 1-800-981-0023 / TDD Line: 1-888-672-7622
- **Integrated Crisis Intervention Program 9-8-8**

A qualified and licensed professional will answer the call to provide emotional support, crisis intervention, emotional counseling, and coordination of services as needed.

Line of Available Services

Medical Advice Line 24 hours a day/7 days a week

1-844-647-7801

TTY/TDD 1-844-347-7804

Customer Service

1-844-347-7800

TTY/TDD 1-844-347-7805

APS Health

787-641-9133



References

- <https://www.who.int/news-room/fact-sheets/detail/suicide>
 - <https://www.nimh.nih.gov/health/topics/espanol/prevencion-del-suicidio>
 - <https://www.paho.org/es/temas/prevencion-suicidio>
 - <https://988lifeline.org/es/aprender/>
 - <https://www.mayoclinic.org/es/diseases-conditions/suicide/symptoms-causes/syc-20378048>
 - <https://www.mayoclinic.org/es/diseases-conditions/suicide/in-depth/suicide/art-20044707>
 - <https://medlineplus.gov/spanish/suicide.html>
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