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An Overview of Community-Based Suicide Prevention Strategies

Presented by Elisa Enriquez, LISW

Los Alamos National Laboratory Ombuds Office

Suicide Facts and Statistics

- Every 14.2 minutes someone in the United States dies by suicide.
- Suicide is the 10th leading cause of death in the U.S.
- More than 1 person every 15 minutes dies by suicide.
- An estimated 11 *attempted* suicides occur per 1 suicide death.
- Men are nearly 4 times more likely to die by suicide than women.
- Women attempt suicide 3 times as often as men.
- Suicide rates are highest for people between 40 - 59.
- 90% of people who die by suicide have a diagnosable mental condition.

Myths

- People who commit suicide are crazy
- People who are deeply depressed don't have the energy to commit suicide
- People who commit suicide do not have a happy demeanor
- Good circumstances prevent suicide
- Suicide only strikes people of a certain gender, race, financial status, age, etc.
- People who talk about suicide won't commit suicide
- Asking about suicide will put the idea into another person's head

If you are concerned about someone:

- Call the New Mexico Crisis and Access Line 1-(855) NMCISIS
505-662-7474
- Seek advice from a medical or mental health professional.
- Take the person to an emergency room or call 911.

If you want to learn more, become trained in a suicide intervention approach, such as QPR.

While suicide can be prevented, it is nobody's fault. It is a choice.

2012 National Strategy for Suicide Prevention

The 2012 National Strategy for Suicide Prevention is organized into four interconnected strategic directions:

1. Healthy and Empowered Individuals, Families, and Communities
 2. Clinical and Community Preventive Services
 3. Treatment and Support Services
 4. Surveillance, Research, and Evaluation
- 

The Social Ecological Model: Suicide Risk and Protection

Source: 2012 Report of the U.S. Surgeon General and of the National Action Alliance for Suicide Prevention

Discussion

CURRENT COMMUNITY EFFORTS

- *Where can someone get help?*
- *What is being done locally?*
- *What is still needed? What are the gaps?*



Resources

National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org

1-800-273-TALK
1-800-273-8255

New Mexico Crisis and Access Line

1-(855) NMCRISIS (662-7474)

New Mexico Suicide Intervention Project

<http://nmsip.org> **505-820-1066**

New Mexico Suicide Prevention Coalition

<http://www.nmsuicideprevention.org/>

Suicide Prevention, Awareness and Support

1-800-SUICIDE www.suicide.org

American Foundation for Suicide Prevention

www.afsp.org

Suicide Prevention Resource Center

<http://www.sprc.org/>

2012 National Strategy for Suicide Prevention

http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/full_report-rev.pdf

Los Alamos Community Health Council

LACHC – A summary of Community Feedback, June 2014



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