

## Suicide Awareness PD Outline

- I. Suicide is preventable health issue.
  - a. Signs
  - b. Risk factors
- II. Scope of the Problem
  - a. Statistics
    - i. 10<sup>th</sup> leading cause of death in US
  - b. Research Findings
    - i. Health Factors
    - ii. Historical Facts
    - iii. Environmental Factors
    - iv. Biomarkers
    - v. Psychotherapies
    - vi. Interventions
    - vii. Medication
  - c. Risk and Protective Factors related to suicide
  - d. What can be done for prevention
- III. Terminology and Do's and Don'ts
- IV. Physical Differences
- V. Perspective of a Suicidal Person
- VI. Prevention
  - a. Protective Factors
    - i. Mental health care
    - ii. Problem-solving
    - iii. Family and community
    - iv. Cultural/religious
  - b. Limit access to means
  - c. Time
- VII. Support
  - a. Talk
  - b. Warning signs
  - c. Help
  - d. Reach out
- VIII. What to Do
  - a. Call 911
  - b. Talk Saves Lives
  - c. [Afsp.org/TalkSavesLives](https://afsp.org/TalkSavesLives)
  - d. 1-800-273-TALK(8255) National Suicide Prevention Lifeline ([suicidepreventionlifeline.org](https://suicidepreventionlifeline.org))
  - e. Text 741-741 Crisis Text Line ([crisistextline.org](https://crisistextline.org))