

Suicide Awareness PD Outline

- I. Suicide is preventable health issue.
 - a. Signs
 - b. Risk factors
- II. Scope of the Problem
 - a. Statistics
 - i. 10th 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)
 - e. Text 741-741 Crisis Text Line (crisistextline.org)