



Suicide Prevention 101

OAKLAND COUNTY
Suicide Prevention
TASK FORCE

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OBJECTIVES

- Review facts
- Learn warning signs
- Share basic conversation techniques
- Learn about Oakland County suicide prevention efforts



Facts About Mental Health

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LANGUAGE MATTERS

SAY THIS

Person with a mental health condition

Person with schizophrenia, etc.

INSTEAD OF THIS

Mentally ill, Psycho, Crazy, Lunatic, Suffers from mental illness

Schizophrenic, etc.

LANGUAGE MATTERS

SAY THIS

INSTEAD OF THIS

Died by suicide

Committed suicide,
Completed suicide

Took their life; Killed
themselves

Successful suicide

Survived a suicide
attempt

Failed suicide attempt

SUICIDE STATISTICS

11th leading
cause of
death
overall

2nd leading
cause of
death,
10 – 14
year-olds

8.9% of high
school
students
attempted in
the last year

Males die by
suicide 3.9x
more often
than females

For every
reported
suicide, there
are 5 – 25%
more
unreported

Firearms
account for
54.6% of all
suicide
deaths

SUICIDE: MYTHS V. FACTS



**Talking about
suicide is a
warning sign.
Take all talk of
suicide seriously.**

SUICIDE: MYTHS V. FACTS



**Almost everyone
who dies by
suicide displays
some sort of
warning sign.**

SUICIDE: MYTHS V. FACTS



**Suicide does not
discriminate.**

SUICIDE: MYTHS V. FACTS



**Everyone reacts
differently to
stressors.**

SUICIDE: MYTHS V. FACTS



**Speaking openly
about suicide let's
people know you
are comfortable
talking about it.**







SUICIDE WARNING SIGNS



Say

- Kill themselves/want to die
- Burden
- Hopeless
- No purpose
- Trapped/Pressure
- Pain

SUICIDE WARNING SIGNS

Do



- Isolating from family and friends
- Withdrawing from activities
- Changes in sleeping/eating habits
- Posting about death online
- Increased substance use
- Reckless or risky behavior

SUICIDE WARNING SIGNS



Feel

- Depressed
- Sad
- Anxious
- Hopeless
- Ashamed
- Angry
- Irritable
- Agitated
- Numb



What Can You Do?

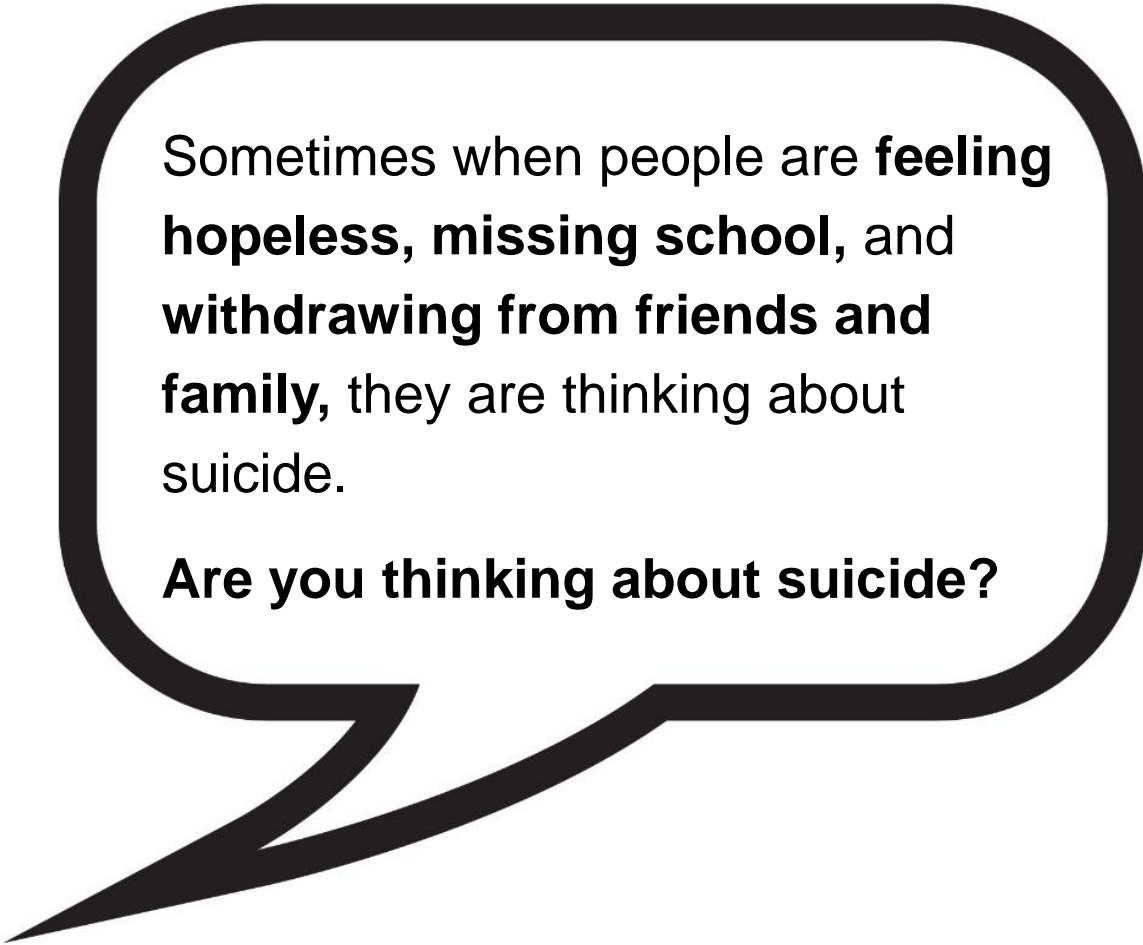
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HOW TO START A CONVERSATION ABOUT SUICIDE



- “You don’t seem like yourself lately. What’s going on?”
- “You’ve seemed really (*down/sad/angry/unhappy*) lately. I’m worried about you.”
- “I noticed you haven’t been (*doing an activity you previously enjoyed*) lately. What’s up?”

HOW DO I ASK ABOUT SUICIDE?



Sometimes when people are **feeling hopeless, missing school, and withdrawing from friends and family**, they are thinking about suicide.

Are you thinking about suicide?

DURING THE CONVERSATION



DOs and DON'Ts

ENCOURAGE HELP-SEEKING



- “It sounds like you think there’s no way out, but it can get better. Let’s talk about some options.”
- “I’ll come with you to talk to the *teacher/coach/school counselor/your parents.*”
- “Let’s call or text the *Common Ground Resource & Crisis Helpline* together.”

ENCOURAGE HELP-SEEKING

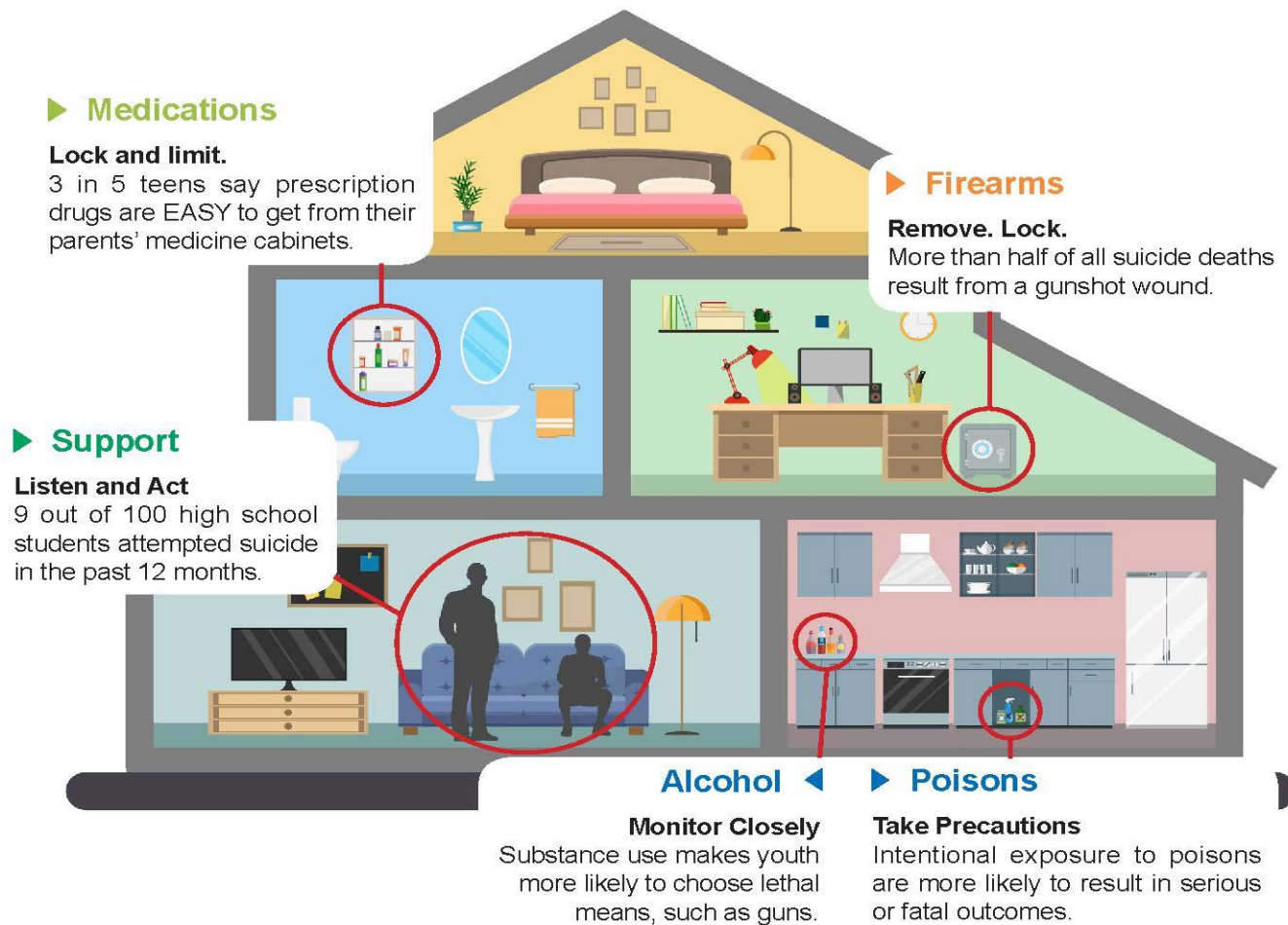


**Safety is the
top priority.**

MENTAL HEALTH RESOURCES

- **988**
 - Suicide and Crisis Line
- **Common Ground Resource and Crisis Center**
 - 800-231-1127
 - Commongroundhelps.org
- **OK2SAY**
 - ok2say.state.mi.us/
 - 8-555-OK2SAY (855-565-2729)
- **Oakland Community Health Network**
 - 248-464-6363

PREVENT SUICIDE AT HOME: LETHAL MEANS SAFETY



ADDITIONAL TRAINING

- safeTALK
- Youth Mental Health First Aid
- ASIST





Efforts in Oakland County

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CONTACT US

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