

# SUICIDE PREVENTION AGENDA

## Introduction

- *introduce yourself*: be personal so as to build credibility
- *create safety*:
  - acknowledge that the subject can be painful
  - request confidentiality
  - encourage tolerance of different opinions that may come up
- *relevant statistics*
- *suicide is not about death, it is about stopping the pain*: discuss the implications

## Understanding Suicide

- *problems*: get examples from participants
- *pain and hopelessness*: get examples of changes in thoughts, emotions, beliefs and actions
  - normalize the experience of *pain and hopelessness*
  - point out: because *pain* is about emotions, you can relate to any person
  - state: “*when you see a change on the outside, ask what’s changed inside*”
- *suicidal crisis*: show how small a triggering problem can be—it is not the “cause” of a suicide attempt

## Recognizing the Signals of Suicide

- identify the four *signals of suicide*—give examples of each
- point out that most suicidal people send *signals* and remind of the implications (but also point out that some do not send signals and they can’t be helped)

## Responding to a Suicidal Friend

- *ask*: focus on how to ask directly
- *listen*: have the participants identify what effective listening sounds like
- *help*: emphasize the importance of connecting with adult resources

## Issues and Closure

- *responsibility*: we are responsible “to” not responsible “for” other people and their choices
- never keep a person’s signal of suicide secret
- *closure*