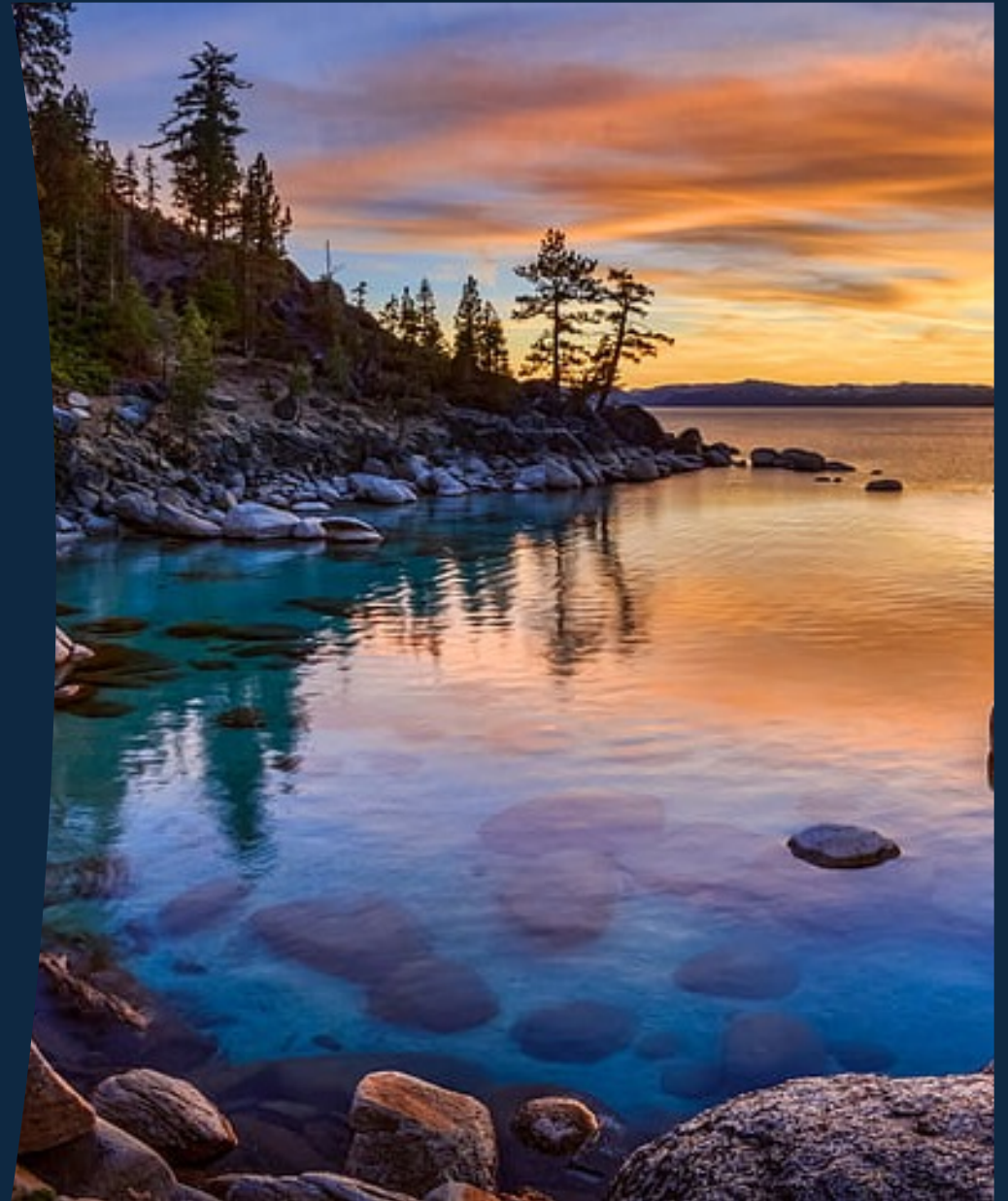




Kevin's Story

The Washoe Nation

DA OW



Be Someone Else's Wellness

Dr. Diane Sharp

Stick it out if you can

Healing-centered workshop



Kevin

He is certain he wouldn't have jumped if someone had reached out to ask if he was okay



The sea lion

- Use your gifts and abilities
- Gently nudge your loved ones to the surface and hold them there until the professionals arrive



Stats on Suicide

CDC



Over
49,000
people died by
suicide in 2022



1 death every
11 minutes

Many adults think about
suicide or attempt suicide

13.2 million
Seriously thought about suicide

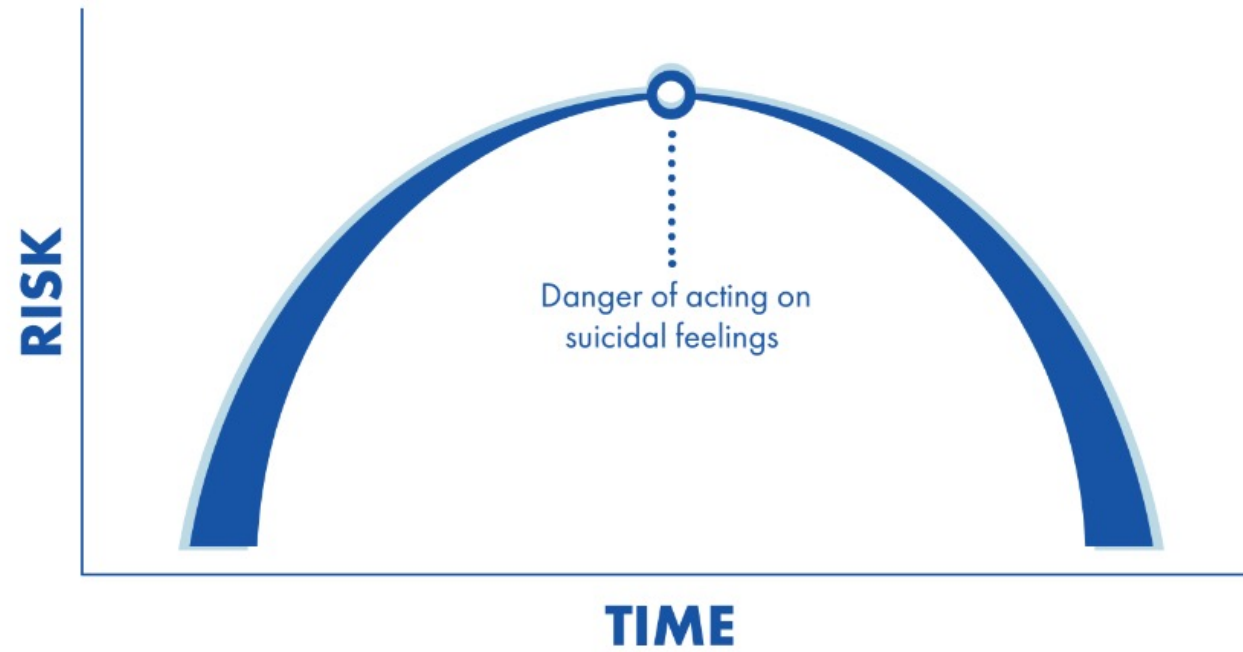
3.8 million
Made a plan for suicide

1.6 million
Attempted suicide

An Impulsive Act

A permanent decision to
escape a temporary
pain

SUICIDE RISK CURVE



One Harvard study interviewed 153 survivors of nearly-lethal suicide attempts, ages 13–34

- 24% said 5–19 minutes
- 23% said 20 minutes to 1 hour
- 16% said 2–8 hours
- 13% said 1 or more days



Myths



Myth #1: You have to be healed before you can help someone else

- I promise you will never feel well enough to call yourself completely healed
- Would you dry off before you throw someone else a life preserver
- Sea lion's profession
- What if I do something wrong?

Myth #2: They Just Want Attention

- If someone you love wants attention that badly...
- If they say it, they won't do it





Myth #3:
Talking about it will cause them to do it

- Talking about suicide provides the opportunity for communication
- Ask if they are ok
- What if I say something wrong?



K. D. Sharp



Warning Signs

Talk

If a person talks about:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

Mood

People who are considering suicide often display one or more of the following moods:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement



Warning Signs (cont.)

Behavior

Behaviors that may signal risk, especially if related to a painful event, loss or change:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for methods
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue

Myth #4:

Family and friends
dropped the ball and
should have seen the
warning signs





Relationships

- Everything in life is about relationships
- Build it now
- Meet them where they are and do what they like



Perceived burdensomeness

I am a drain on other people and they would be better off with me
gone

Myth #4: Follow Simple Steps and We'll Stop Everyone

You Can't. It's nuanced.

- Chemicals
- Life's pressures
- Families
- Relationships...

But we can increase our chances





Life Crises

Approximately **1/3** of suicide decedents had experienced a crisis within the preceding 2 weeks or anticipated a crisis in the upcoming 2 weeks.



Your Voice

- The grief is different
- You may need to talk when others don't or can't
- You can say their name and share a memory



Trauma

Traumatikos – An injury



Words of Life

- Builds Resilience
- Found to be a protective factor
- Words change the course of our life

Listen

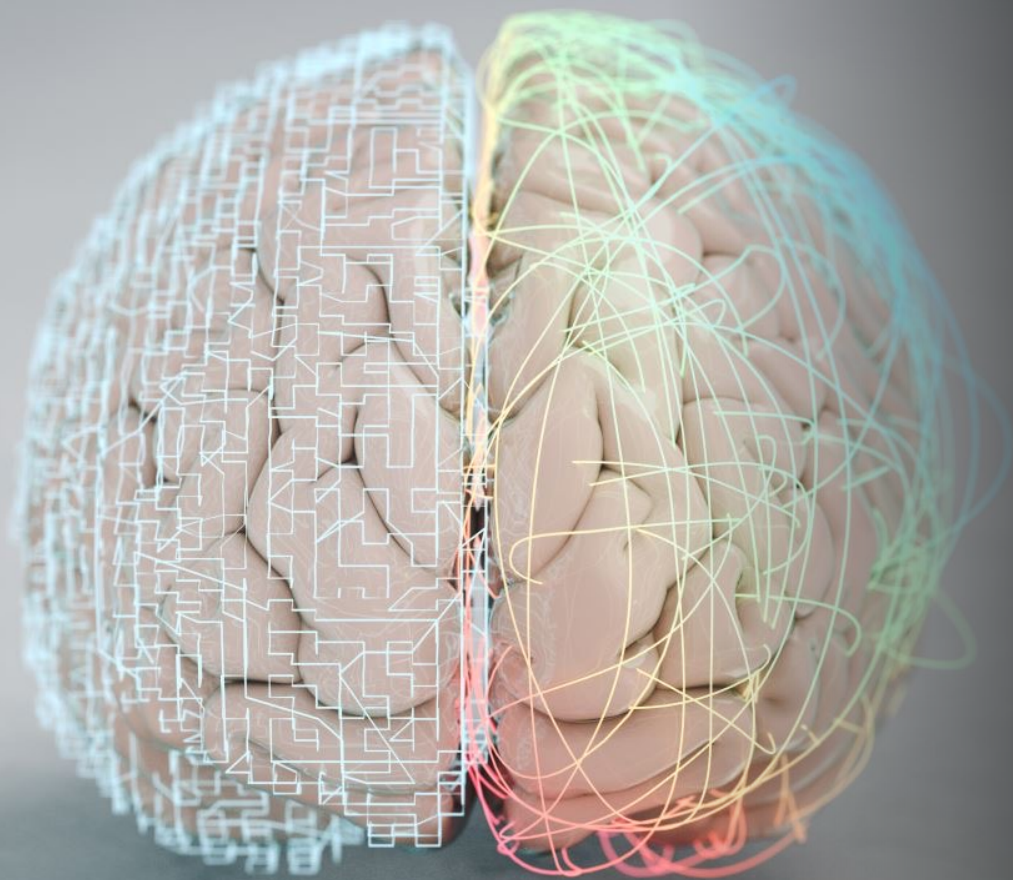
25 % rule





Physiology of Altruism

The Helper's High



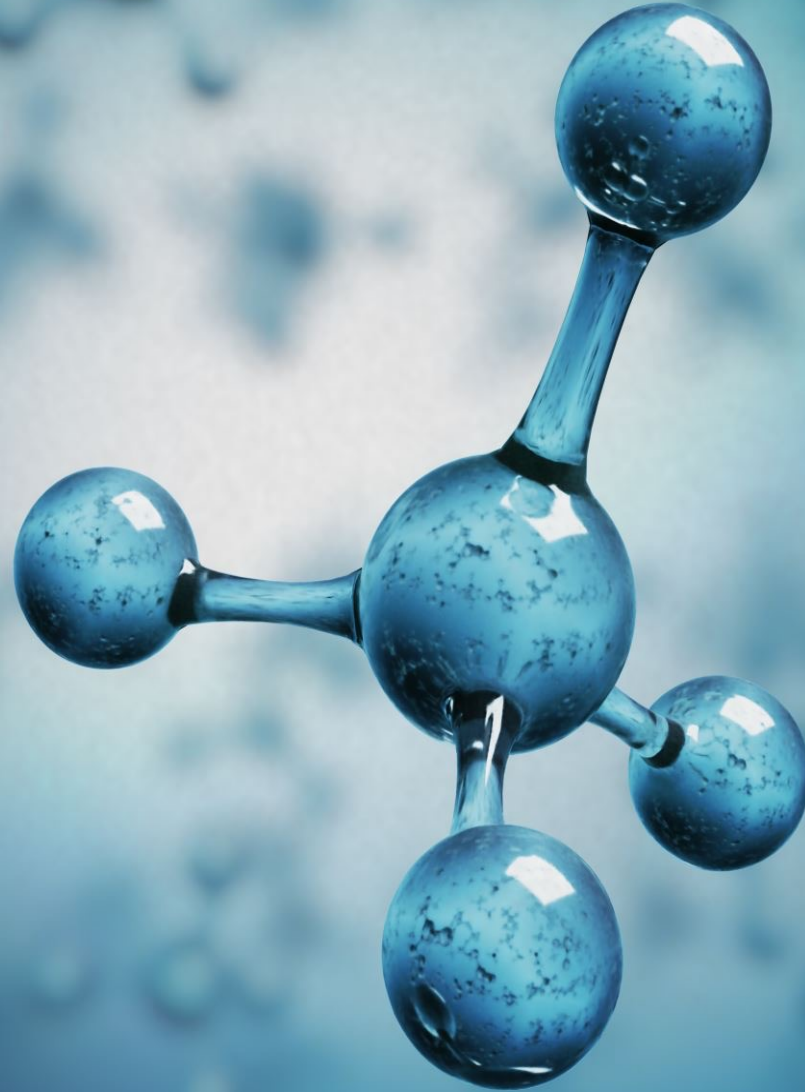
Brain Activity

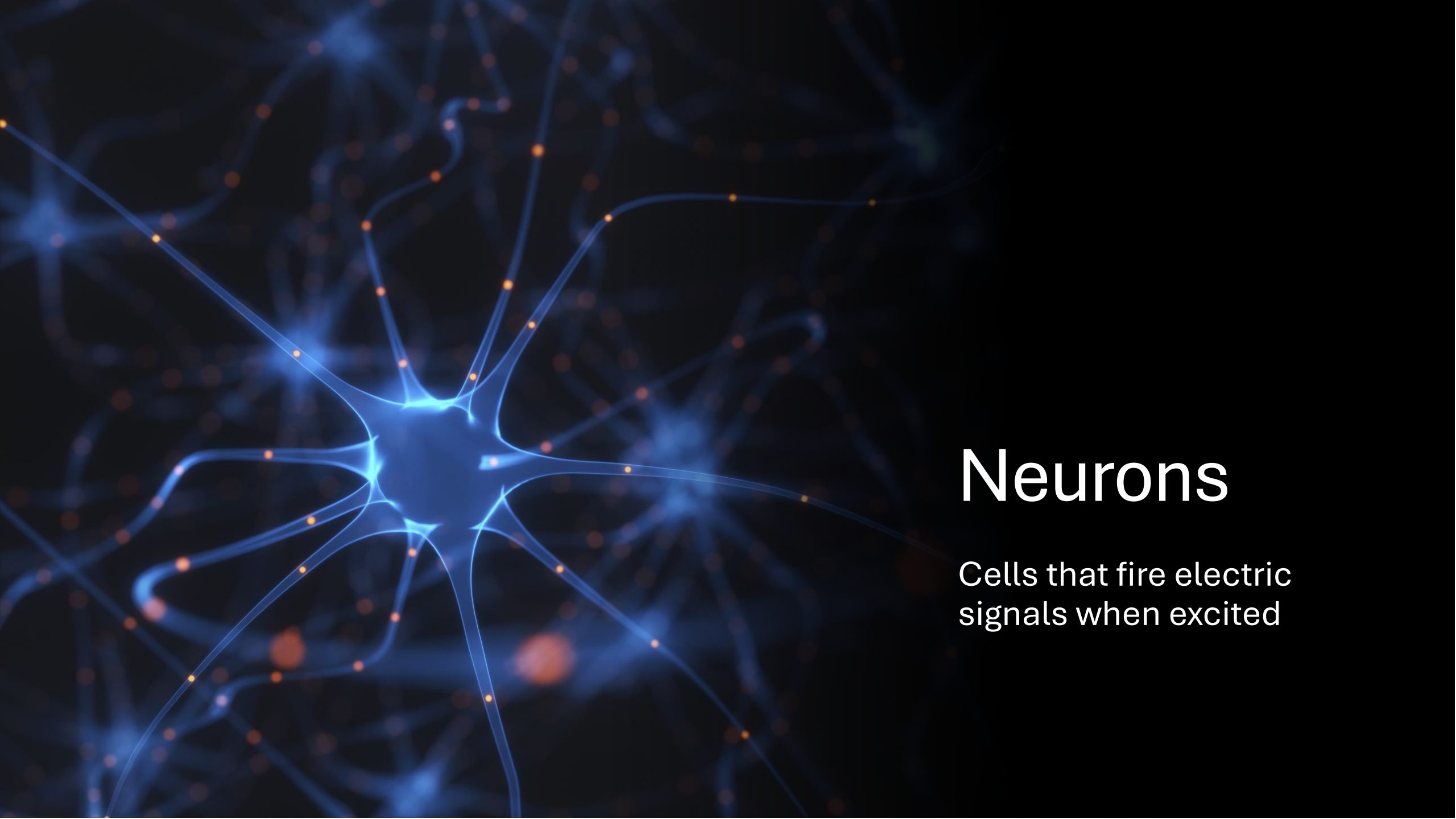
Release of Chemicals

- Dopamine
- Endorphins
- Oxytocin



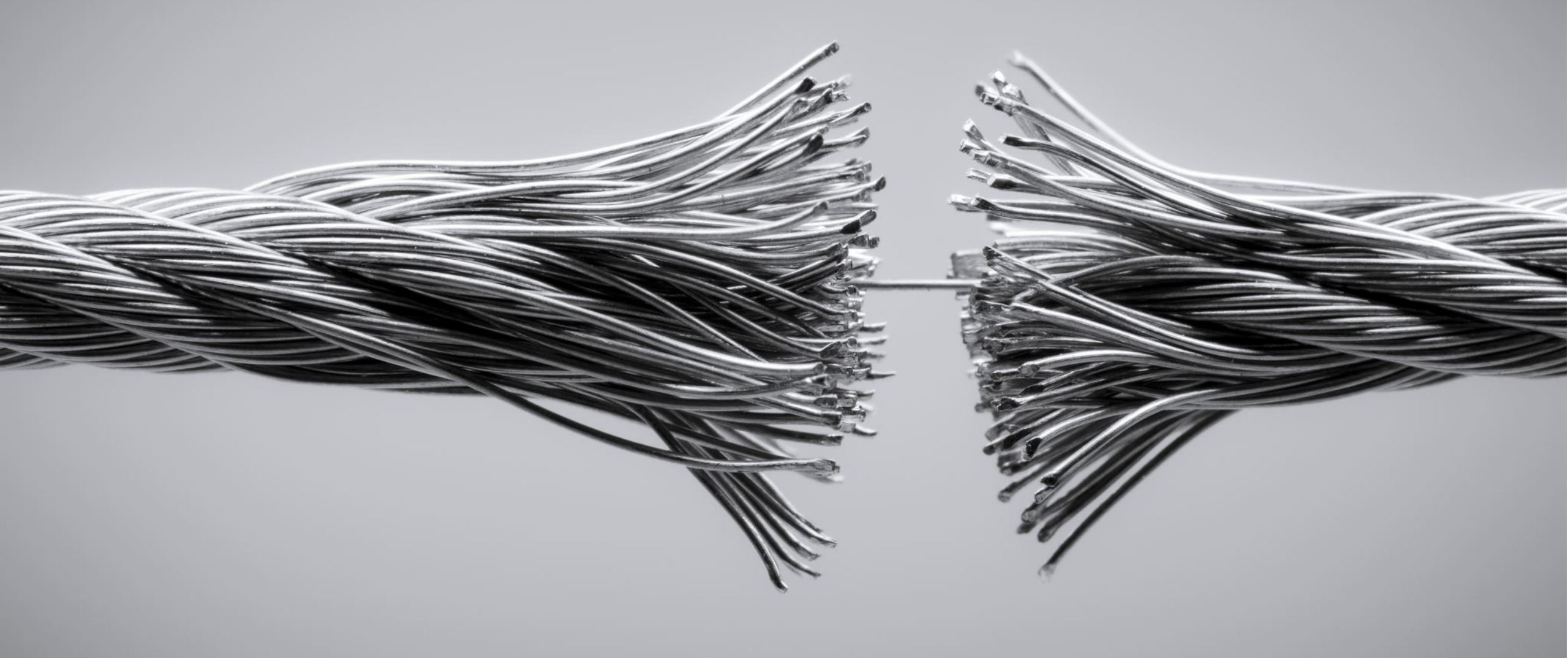
- Cortisol
- Stress Response
- Depression





Neurons

Cells that fire electric signals when excited



Wire Together Fire Together

Carla Schatz



Fewer
Chest Pains



H.A.L.T.

Never allow yourself (or your loved ones) to get:

- Hungry
- Angry
- Lonely
- Tired



Expressed Ideations

If someone communicates ideations

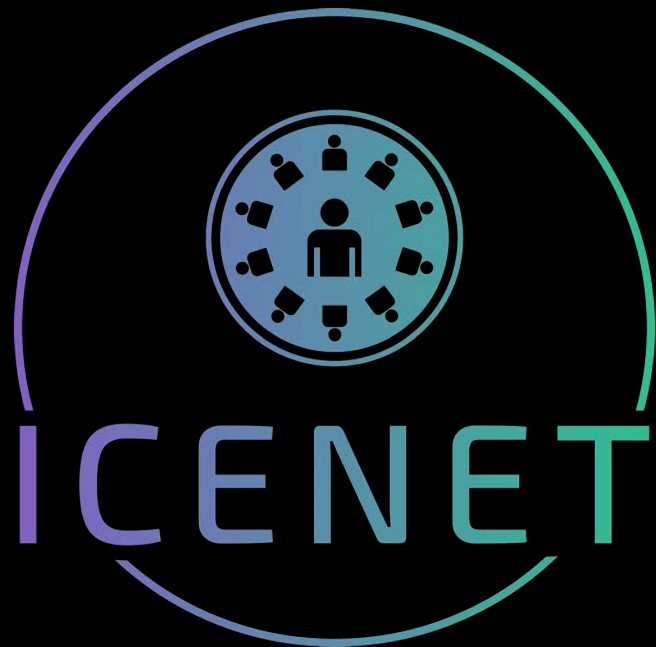
- Don't freak out
- Gather more information
 - Plan?
 - Means?
- Try to avoid judgement or interjecting your feelings
- Don't tell them that would be stupid or selfish
- Play it out "Then What..."
- Don't be embarrassed to get them help

Sharp's Suicide Prevention Model



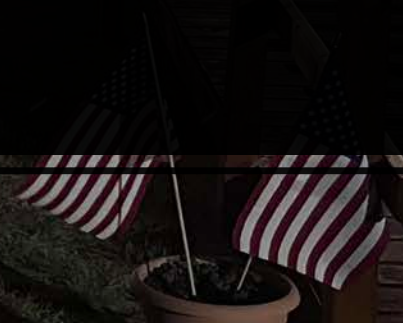
The Boutique







Veterans





Cigar Night

A Strong Community Saves Lives



Photo by [Erika Giraud](#) on [Unsplash](#)



You Can
Be Someone
Else's Wellness