



Fall 2018

# NEWSLETTER

## Suicide: What You Can Do To Help

The suicide rate for each state has continued to rise over the years. Suicide is the 5th leading cause of death for Utahns, and 2nd leading cause for youth age 10 - 24. In addition, 16% of students in grades 6th, 8th, 10th and 12th reported that they had seriously considered attempting suicide at some point during the past 12 months.

Most people at risk of suicide simply want to escape pain or feel they have a problem they cannot solve. Fortunately, most people show signs that they may be struggling with the thought of suicide. Below are some tips to protect your loved ones:

### Things You Can Do At Home:

- Spend quality time together as a family.
- Discuss ways to manage stress, anger and disappointment.
- Lock up hazardous items like firearms and medications.
- Trade in social media and screens for outdoor activities.
- Improve sleep habits.
- Help foster a sense of purpose by engaging in meaningful activities and relationships.

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### Tips For Seeking Treatment:

- Pair medication with talk therapy and self-help for greater impact
- Talk to your provider about their experience treating suicide.
- Call 211 for information on additional resources.

## Suicide Warning Signs

### Listen For

- Talk of suicide - "I just want to go to sleep and never wake up."
- Talk of being Hopeless - "What is the point? Nothing is going to get better."
- Talk of being a burden to others - "They would be better off without me."
- Feeling trapped.
- Having no reason to live.

### Watch For

- Withdrawing from activities.
- Isolation from friends and family.
- Sleeping too little or too much.
- Increased use of alcohol or drugs.
- Looking for a way to kill themselves, such as searching online for materials or means.
- Visiting or calling people to say goodbye.
- Acting recklessly.
- Giving away prized possessions.
- A sudden or unexplained calm or euphoria after a long period of depression.

## Suicide Prevention

Currently, many prevention efforts are focused solely on mental health. Anne Schuchat (doctor at the CDC) said: "Suicide is more than a mental health issue. We don't think we can just leave this to the mental health system to manage." Rather than focusing on people with known mental health issues, it is important to also focus on individual life stresses like relationship issues, difficulties at school and job loss.

## 5 Action Steps for Helping Someone in Emotional Pain

**Ask:** “Are you thinking about killing yourself?” It’s not an easy question but studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.

**Keep Them Safe:** Reducing a suicidal person’s access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.

**Be there:** Listen carefully and learn what the individual is thinking and feeling. Findings suggest acknowledging and talking about suicide may in fact reduce rather than increase suicidal thoughts.

**Help them connect:** Save the National Suicide Prevention Lifeline’s number in your phone so it’s there when you need it: 1-800-273-TALK (8255).

**Stay Connected:** Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of suicide deaths decreases when someone follows up with the at-risk person.



# Resources

## Blomquist Hale Employee Assistance

Blomquist Hale provides 24/7, free and confidential support for people in distress, and can also provide prevention and crisis resources for you and your loved ones.

Scheduling an appointment is easy, simply call **800.926.9619**

## Additional Resources:

- Safe UT App
- [Healthymindsutah.org](https://www.healthymindsutah.org)
- [NAMI UT](https://www.nami.org) - Free classes and support groups for individuals and families.
- [AFSP.org](https://www.afsp.org) - Support after a loss or volunteer opportunities
- [Utahsuicideprevention.org/education-training](https://www.utahsuicideprevention.org/education-training) - Gain more skills in helping someone at risk.
- [Suicide loss and recovery video](https://www.youtube.com/watch?v=PLyyH4fZAFa) - <https://www.youtube.com/watch?v=PLyyH4fZAFa>

Resources:

[Utah Suicide Prevention Coalition https://afsp.org/about-suicide/suicide-statistics/](https://afsp.org/about-suicide/suicide-statistics/) <https://www.ksl.com/?sid=46336687> <https://www.nlm.nih.gov/health/topics/suicide-prevention/index.shtml>

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