

SUICIDE PREVENTION

BISMARCK SCHOOL DISTRICT PARENT MEETING ON VAPING, DRUG USE AND SUICIDE TRENDS

WARNING SIGNS

- COMMENTS, SOCIAL MEDIA POSTS
- WITHDRAWAL
- ANGER OR REVENGE
- SUBSTANCE USE
- SLEEP CHANGES
- AGITATION;
RECKLESS BEHAVIOR
- SUDDEN POSITIVE MOOD
- GIVING AWAY POSSESSIONS
- ANY CHANGE IN BEHAVIOR THAT HAS YOU WORRIED

GETTING HELP

You can call the National Suicide Prevention Lifeline for free, confidential crisis counseling at **1-800-273-8255**, answered locally by FirstLink.

Text for Help: **741741**
Call **211** for local resources.

ASK THE QUESTION

IF YOU ARE WORRIED, THINK SUICIDE FIRST. EVERYTHING ELSE CAN WAIT. ASK DIRECTLY ABOUT SUICIDE.

Example: "I hope you know that you can tell me if you are struggling. I care about you and want to help. Are you thinking about suicide?"

FACT

ASKING DIRECTLY ABOUT SUICIDE WILL NOT INCREASE RISK. PEOPLE WHO STRUGGLE WITH THOUGHTS OF SUICIDE REPORT FEELING RELIEVED WHEN ASKED ABOUT SUICIDE.

TALK TO TAKE ACTION

T. TELL THEM YOU CARE

A. ASK IF THEY HAVE A PLAN AND ABOUT ACCESS TO LETHAL MEANS

L. LISTEN WITHOUT JUDGEMENT

K. KNOW WHERE TO GET HELP AND KEEP THEM SAFE

If you are worried about your child but not sure what to do, tell someone who is trained to ask about suicide like the school counselor or dial the National Suicide Prevention Lifeline at 1-800-273-8255. You have the right to look at their internet search history, internet and social media or text use as well as to limit their use of electronic

MAKE SURE YOUR CHILD DOES NOT HAVE UNSUPERVISED ACCESS TO FIREARMS, NARCOTICS AND OTHER HIGHLY LETHAL MEDICATIONS.

PUT THE NATIONAL SUICIDE PREVENTION LIFELINE NUMBER IN YOUR PHONE NOW: **1-800-273-8255** TO CALL WITH ANY QUESTIONS OR CONCERNS. TEXT **741741**. DIAL 911 IN AN EMERGENCY.



Suicide Facts & Figures:

North Dakota 2018*



On average, one person dies by suicide every 63 hours in the state.

More than five times as many people die by suicide in North Dakota annually than by homicide.

The total deaths to suicide reflect a total of 3,430 years of potential life lost (YPLL) before age 65.



Suicide cost North Dakota a total of **\$140,345,000** of combined lifetime medical and work loss cost in 2010, or an average of **\$1,324,010 per suicide death.**

*Based on most recent 2016 data from CDC. Learn more at afsp.org/statistics.



8th leading cause of death in North Dakota

2nd leading

cause of death for ages 15-34

4th leading

cause of death for ages 35-54

7th leading

cause of death for ages 55-64

19th leading

cause of death for ages 65 & older

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
North Dakota	140	19.00	12
Nationally	44,695	13.42	

Suicide Facts & Figures: North Dakota 2018

Suicide Prevention Programs and Initiatives

- The North Dakota Department of Health, Division of Injury Prevention and Control houses the statewide Suicide Prevention Program (<http://www.ndhealth.gov/suicideprevention>). Suicide Prevention Funds focus on primary prevention and early intervention programs in health care and behavioral health care settings, schools, and communities.
- In 2017, the North Dakota Department of Health awarded \$500,000 to several suicide prevention programs throughout the state, including Spirit Lake and Turtle Mountain Band of Chippewa, FirstLink, PATH Inc., and six Regional Education Associations (Great Northwest, Mid-Dakota, Missouri River, Northcentral, Northeast, and Roughrider), among others. The grants are part of a \$1.2 million appropriation maintained by the Governor and State Legislature during the 2017 session. See <http://bit.ly/2FhrJDc>.
- The North Dakota Department of Health, Division of Injury Prevention and Control released the North Dakota Suicide Prevention Plan 2017-2020 to focus and coordinate statewide suicide prevention efforts; AFSP-North Dakota participated in development of the plan. See http://www.ndhealth.gov/suicideprevention/image/cache/ND_Suicide_Prevention_Plan_2017_to_2020.pdf.
- In 2017, the law was repealed that required middle and high school teachers, administrators, and instructional staff to receive at least 2 hours of professional development annually in youth suicide risk indicators, appropriate responses, and referral sources (formerly § 15.1-19-24, repealed via S.L. 2017 ch.350, § 6). Current law (§ 15.1-07-34) now states that, every two years, school districts must provide a minimum of 8 hours of professional development training on youth behavioral health to all elementary, middle, and high school teachers and administrators. Based on the annual needs assessment of each district, training topics are selected from 8 provided categories, one of which is suicide prevention (SB 2038, adopted 4/7/17).

Get Involved

The **AFSP North Dakota Chapter** brings together people of all backgrounds in communities throughout the state to fight suicide. We help fund research, offer educational programs, advocate for public policy and support those affected by suicide.

For more information or to volunteer, please contact:

AFSP North Dakota
northdakota@afsp.org

Become an Advocate

AFSP's North Dakota advocacy volunteers build relationships with public officials and advocate on behalf of sound suicide prevention policy.

Visit afsp.org/advocate to sign up!

Know the 12 Suicide WARNING SIGNS

1. Feeling like a burden
2. Being isolated
3. Increased anxiety
4. Feeling trapped or in unbearable pain
5. Increased substance use
6. Looking for a way to access lethal means
7. Increased anger or rage
8. Extreme mood swings
9. Expressing hopelessness
10. Sleeping too little or too much
11. Talking or posting about wanting to die
12. Making plans for suicide

Note: Suicide risk takes many forms and may not look exactly like you expect,

watch for ANY CHANGE in behavior that has you FEELING WORRIED, including social media posting behavior.

Ask directly about suicide first because suicide is a matter of life and death. Other issues can wait.