



GTH: GATEWAY TO HOPE

Lunch & Learn: Suicide

PRESENTED BY

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Our four-part approach



01. Education

Raise awareness and educate community on relevant mental and behavioral health topics.



02. Training

Develop local networks of guidance and support with Gateway to Hope training.



03. Clinical Services

Provide personalized mental health care through dedicated professional services.



04. Research

Explore and advance new resources and approaches for unmet mental health needs.

The Four Rs

RECOGNIZE a mental health problem

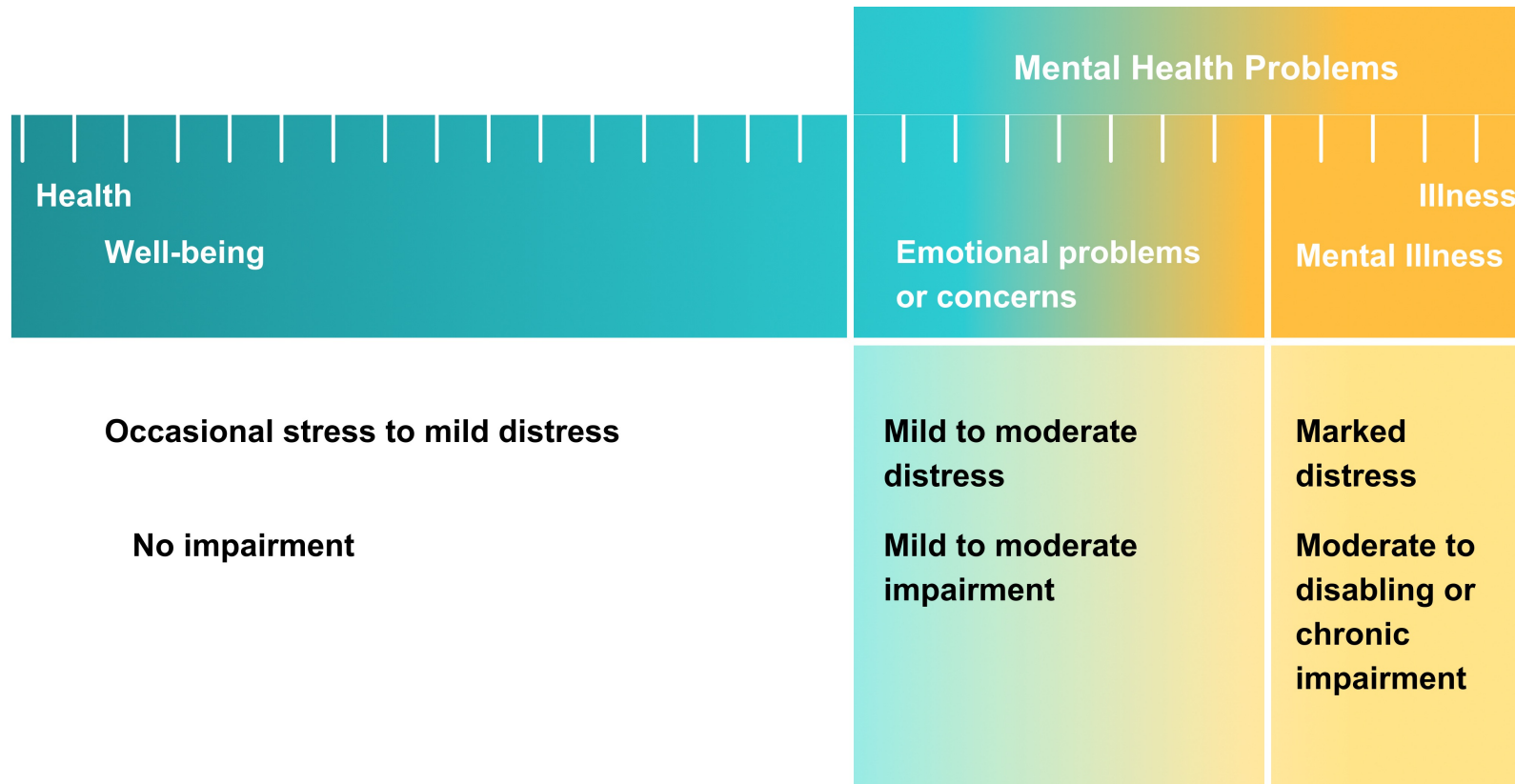
REFER to a mental health professional

RELATE to those in distress

RESTORE through supportive community

Mental Health

Someone's state of being in regard to their emotions and feelings. It can present strengths and challenges at all stages of life.





RECOGNIZE

a mental health problem

What is Suicide?

Is the act of intentionally causing one's own death.

- It is the **10th leading** cause of death in the United States
- **2nd leading** cause for ages 10-34
- over 40,000 people die by suicide each year.



Self-Harm

A behavior that includes:

- Cutting
- Burning
- Scratching
- Over-exercise
- Limiting food
- Sabotaging relationships



Self-harm can be a coping behavior for someone in mental health distress but it does not necessarily indicate that they are thinking about suicide.

Suicidal thoughts & Idealization



Thought about killing oneself or ending one's life. These thoughts can range from "I wish I could go to sleep and not wake up" to detailed planning for suicide.

ALL thoughts of suicide should be taken seriously.

Recognize Preliminary Signs

- Family History of Mental Health Conditions
- Personality Factors
- Stress
- Substance Abuse
- Environmental Factors

Recognize Risk Factors

- Depression, mental disorders, or substance abuse disorder
- Certain medical conditions
- A prior suicide attempt
- Family history of mental disorder or substance abuse
- Having firearms in the home
- Being recently released from incarceration
- Exposure to other's suicidal behavior



Recognize the Symptoms

- Expressing no will to live
- Making a suicide plan
- Feeling trapped
- Feeling unbearable pain
- Heavy alcohol or drug use
- Acting anxious or agitated
- Withdrawing from family & friends
- Taking risks that could lead to death
- Extreme mood swings
- Giving away important possessions
- Making a will
- Saying goodbye to friends & family

REFER

to a mental health professional



The Right Mental Health Provider

- Primary Care Doctor (General Practitioners)
- Counselors (LPC)
- Therapist (LMFT)
- Psychiatrist (MD, DO)
- Hospital & Treatment Facilities

911 For Crisis

Treatments

- Cognitive Behavioral therapy (CBT)
- Dialectical Behavior therapy (DBT)



Assessing Suicidality

Ask specifically if they...

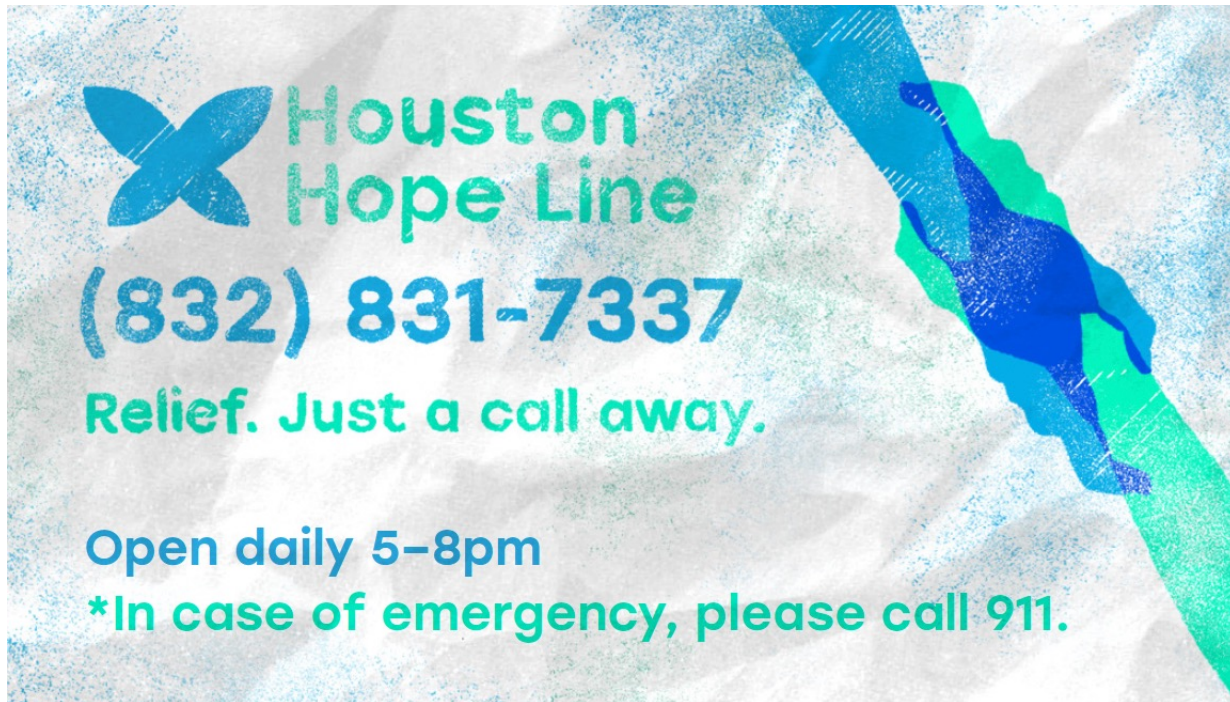
- (1) are having suicidal thoughts/ideas
- (2) have a plan of action
- (3) have access to the lethal means

What is 988?

If you or someone you know
needs support now,
call or text **988**
or
chat **988lifeline.org**



Hope Line



Relief. Just a Call Away.



RELATE

to those in distress

Action Steps to Help



- Ask
- Keep them safe
- Be there
- Help them connect
- Stay Connected

Know...

- How the person is coping with stress
- How to create Suicide Awareness
- How a person feels under pressure
- How Bullying may be affecting them
- How to create a **safety plan**

What is a Safety plan?

- ❖ Write 3 warning signs.

- ❖ Write 3 Internal Coping Strategies.

- ❖ Write 3 names or places that provide distraction.



- ❖ Who can you ask for help? `

- ❖ Professional you can contact during a crisis.

- ❖ Write a plan to make your environment safer.



RESTORE

through supportive
community

The “PIP” Actions



Prevention

Intervention

Postvention

Psychoeducation

Beneficial for those living with a mental health issue and their loved ones by providing them with information and support to better understand and cope with the disorder.

- Learn about the condition
- Interpersonal learning
- Support structure



Spiritual Perspective

God constantly reminds us in His word that He will never waste the pain we struggle through in this life. He will turn it around for good somehow and use it to strengthen us and to help others.

Choose to focus on:

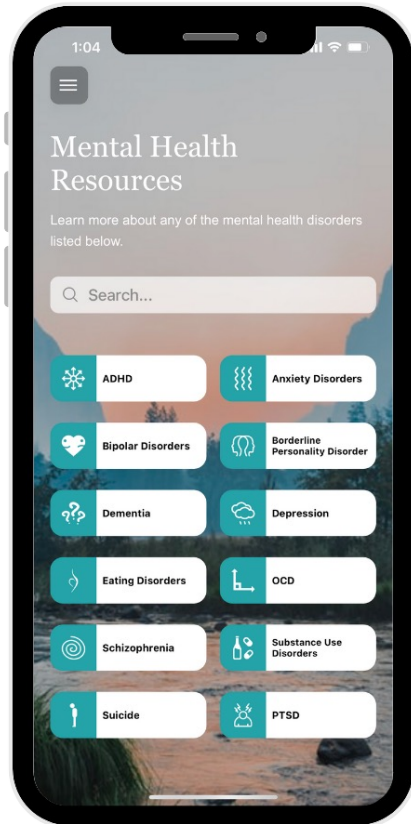
- Not being driven by fear
- He loves you and is with you
- Does not condemn you
- Greater than any pain or burden
- There is power in God's word

Mental Health Gateway Websites



MentalHealthGateway.org
MentalHealthGateway.org/es

Mental Health Gateway App



- Mental health resources
 - PDFs
 - Videos
 - Guides and Workbooks
- Easy access to trainings
- Special features for Mental Health Coaches
 - Forum
 - Access to GTH Provider database

Contact Us to Learn About Our Trainings!

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[MentalHealthGateway.org](https://www.MentalHealthGateway.org)

