

A decorative graphic on the left side of the slide consisting of white lines and circles on a blue gradient background, resembling a circuit board or neural network.

SUICIDE AWARENESS AND PREVENTION

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SUICIDE AWARENESS AND PREVENTION

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- D. RESPONSE FROM PANEL MEMBERS
- E. QUESTION AND ANSWER
- F. LOCAL RESOURCES
- G. WRAP UP

PANEL MEMBERS

- Dr. Martha Turnburg
- Dr. Tony Drago
- Elaine Tucker & Jonah Talbot
- Heidi Diskin
- Erin Baehr
- Jim Presto-Facilitator

10 Leading Causes of Death by Age Group, United States - 2014

Rank	Age Groups										Total
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	
1	Congenital Anomalies 4,408	Unintentional Injury 1,218	Unintentional Injury 601	Unintentional Injury 750	Unintentional Injury 11,018	Unintentional Injury 17,157	Unintentional Injury 18,040	Malignant Neoplasms 44,114	Malignant Neoplasms 115,207	Heart Disease 684,072	Heart Disease 884,140
2	Stroke 3,173	Congenital Anomalies 348	Malignant Neoplasms 458	Stroke 476	Stroke 6,070	Stroke 6,560	Malignant Neoplasms 11,987	Heart Disease 34,741	Heart Disease 74,475	Malignant Neoplasms 413,605	Malignant Neoplasms 581,889
3	Malignant Neoplasms Comp. 1,574	Heart Disease 354	Congenital Anomalies 192	Malignant Neoplasms 416	Heart Disease 4,144	Heart Disease 4,109	Heart Disease 10,368	Unintentional Injury 20,610	Unintentional Injury 18,030	Chronic Low Respiratory Disease 129,841	Chronic Low Respiratory Disease 147,134
4	Stroke 1,546	Malignant Neoplasms 321	Heart Disease 123	Congenital Anomalies 156	Malignant Neoplasms 1,569	Malignant Neoplasms 3,624	Stroke 6,706	Stroke 8,767	Chronic Low Respiratory Disease 18,449	Cardio-vascular Disease 113,308	Unintentional Injury 136,063
5	Unintentional Injury 1,181	Heart Disease 1,184	Heart Disease 88	Heart Disease 156	Heart Disease 853	Heart Disease 1,341	Heart Disease 2,501	Heart Disease 11,877	Heart Disease 11,142	Alzheimer's Disease 97,804	Cardio-vascular Disease 101,110
6	Pneumonia 966	Influenza & Pneumonia 104	Chronic Low Respiratory Disease 58	Heart Disease 137	Congenital Anomalies 377	Heart Disease 735	Heart Disease 2,569	Heart Disease 6,069	Heart Disease 17,749	Heart Disease 54,164	Alzheimer's Disease 97,804
7	Heart Disease 844	Chronic Low Respiratory Disease 53	Influenza & Pneumonia 37	Chronic Low Respiratory Disease 41	Influenza & Pneumonia 135	Heart Disease 705	Heart Disease 1,599	Cardio-vascular Disease 6,349	Cardio-vascular Disease 11,727	Unintentional Injury 48,236	Heart Disease 76,488
8	Respiratory Disease 450	Septicemia 63	Cardio-vascular Disease 46	Cardio-vascular Disease 43	Heart Disease 151	UW 583	Cardio-vascular Disease 1,145	Chronic Low Respiratory Disease 4,019	Stroke 7,627	Influenza & Pneumonia 44,856	Influenza & Pneumonia 35,227
9	Diabetes Mellitus 444	Heart Disease 111	Heart Disease 116	Influenza & Pneumonia 41	Chronic Low Respiratory Disease 178	Cardio-vascular Disease 549	UW 1,141	Influenza & Pneumonia 2,431	Septicemia 5,484	Septicemia 18,457	Septicemia 48,198
10	Malignant Neoplasms 441	Pneumonia 38	Septicemia 33	Heart Disease 38	Cardio-vascular Disease 177	Influenza & Pneumonia 645	Influenza & Pneumonia 4,120	Septicemia 2,614	Influenza & Pneumonia 6,590	Septicemia 25,124	Stroke 42,773

Data Sources: National Health Statistics System; National Center for Health Statistics, CDC
Produced by: National Center for Injury Prevention and Control, CDC using AICDA/STP



SUICIDE: PENNSYLVANIA 2016 FACTS & FIGURES

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Pennsylvania	1,817	13.28	31
Nationally	42,773	12.93	

Suicide is the **11th leading** cause of death overall in Pennsylvania.



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

Based on most recent 2014 data from CDC



Suicide cost Pennsylvania a total of **\$1,857,069,000** of combined lifetime medical and work loss cost in 2010, or an average of **\$1,178,343** per suicide death.

IN PENNSYLVANIA, SUICIDE IS THE...

2nd leading cause of death for ages 15-34

3rd leading cause of death for ages 10-14

4th leading cause of death for ages 35-54

8th leading cause of death for ages 55-64

17th leading cause of death for ages 65 & older

Over twice as many people die by suicide in Pennsylvania annually than by homicide; the total deaths to suicide reflect a total of **32,436** years of potential life lost (YPLL) before age 65.



AMERICAN FOUNDATION FOR
Suicide Prevention

afsp.org

MONROE COUNTY STATISTICS

	Age							
	0-14	15-24	25-34	35-44	45-54	55-64	65+	TOTAL
2014	0	3	3	6	4	9	5	30
2015	0	4	3	2	8	9	4	30

FACTS ABOUT MENTAL ILLNESS

- 90% of people we lose to suicide have a treatable mental illness.
- 1 in 4 people will suffer from a mental illness in their lifetime.

SIGNS A PERSON MAY BE SUICIDAL

- Threatening to hurt or kill self
- Looking for ways to kill self: seeking access to pills, weapons, or other means
- Talking, writing or posting on social media thoughts on death, dying, or suicide
- Hopelessness
- Rage, anger, seeking revenge
- Acting recklessly or engaging in risky activities
- Feeling trapped, like there is no way out
- Increased alcohol or drug use
- Withdrawing from friends, family, society, or previously enjoyed activities
- Anxiety, agitation, inability to sleep or sleeping too much
- Dramatic changes in mood
- No reason for living, no sense of purpose

FACTORS THAT CONTRIBUTE TO SUICIDE

- Biological
- Psychological
- Environmental

SOME OTHER ISSUES RELATED TO MENTAL ILLNESS

- Drugs/Alcohol
- Self Harm

SUICIDE AND CONTAGION

- Suicide contagion is the exposure to suicide or suicidal behaviors within one's family, one's peer group, or through media reports of suicide and can result in an increase in suicide and suicidal behaviors
- Direct and indirect exposure to suicidal behavior has been shown to precede an increase in suicidal behavior in persons at risk for suicide, especially in adolescents and young adults
- Avoid oversimplifying the many factors that lead to suicide
- Refrain from sensationalizing the suicide
- Refrain from glorifying the victim
- Highlight that suicide is not an effective or appropriate tool
- Increase support and protective factors

TALKING SAVES LIVES

- Be direct and to the point
- Let the person know you care about them
- Express empathy
- Instill hope
- Express that these thoughts are common and do not have to acted upon
- Talk without dread, judgement, or blame
- Assume you are the only one who will reach out



SUICIDE PREVENTION IS
EVERYONE'S
RESPONSIBILITY