



Suicide Prevention & LivingWorks Start

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OBJECTIVES

Learn about the risk and protective factors for suicide

Review current statistics for suicide with student population

Identify warning signs for suicide

Introduction to LivingWorks Start, suicide prevention training

Overview of TASC skills

MENTAL HEALTH RESOURCES

- Free 24/7 Helplines

National Suicide Prevention Lifeline: 988

San Diego Access & Crisis Line: 1-888-724-7240

VA Suicide Prevention Line: (800)273-8255 (press 1)

The Trevor Lifeline (LGBTQIA+ Youth): 858-277-9550

Crisis Text Line Support: Text *COURAGE* to 741-741

Resource Line – food/housing/job support/health/ disasters: 211

- Warm Line Referrals (3:30 – 7pm): **800-930-9276**
- **Employee Assistance: 858-277-9550**

True or false: Talking or asking about suicide will trigger the act.

False. Asking at-risk individuals can help lower anxiety/ shame/ stigma, open communication, and lower the risk of an impulsive act.

True or false: The college student suicide rate is lower than the suicide rate among all 18 to 24 year-olds in the U.S.

True.

True or false: There often are no warning signs that someone is thinking about suicide.

False: Many individuals (nearly 80%) plan their attempt in advance and may display warning signs.

Words Matter

<i>Use</i>	<i>Don't Use</i>
<i>“died by Suicide” or “took their own life”</i>	<i>“committed suicide”</i> <i>Note: Use of the word commit can imply crime/sin</i>
<i>“attempted suicide”</i>	<i>“successful” or “unsuccessful”</i> <i>Note: There is no success, or lack of success, when dealing with suicide</i>

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6563960/>

Know the Signs >> Find the Words >> Reach Out >>

www.SuicidelsPreventable.org

When Hope is Hard Work

Suicide is often surrounded by stigma, making it less likely someone will seek help, and harder to know when someone really needs help.

People who are suicidal do not want to die, as much as they do not want to go on living with their pain.

The more we understand about suicide prevention the more we can help the people we care about who are struggling.



What Groups are Most Impacted by Suicide?

Statistically, the following population groups are disproportionately affected by suicide risk:

- Males
- American Indian/Alaska Natives and White
- Older adults
- Veterans
- Those living in rural areas
- LGBTQIA+ youths and adults



IMPACT ON STUDENTS

- Suicide is one of the leading causes of death among college students and the leading cause of death for adults ages 18-24
- Mental Health challenges were the #1 reported stress for college students in 2023.
- In 2022, the reports of college students who attempted suicide or had thoughts of suicide increased.
- Transgender and nonbinary students report far higher rates of suicide-related thoughts and behaviors than cisgender students.
- Pacific Islander, Native American, and Black college students report higher suicide attempt rates than students of other races.
- The college student suicide rate is lower than the suicide rate among all 18-24-year-olds in the U.S.

Students Are Struggling



Mental Health Impacts Academic Success



Mental Health



#1 reported stressor for
college students

Peer Support



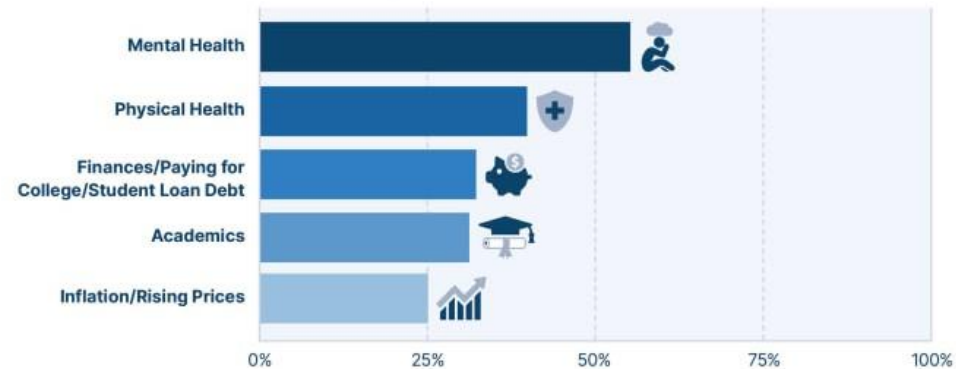
**#1 way students plan to
cope** with stress and anxiety

Virtual Care



#1 resource students
wish they had but don't

Top 5 Stressors for Students



Supreme Court Decision Stress



6 in 10
feel stressed about
repaying student loan debt

Students Want Support



2 in 3
plan to seek
emotional support

Sleep Deprived



3 in 4
get < 8 hours
of sleep per night

What “causes” suicide?

The causes of suicide are complex.

Suicide is not caused by any one factor.

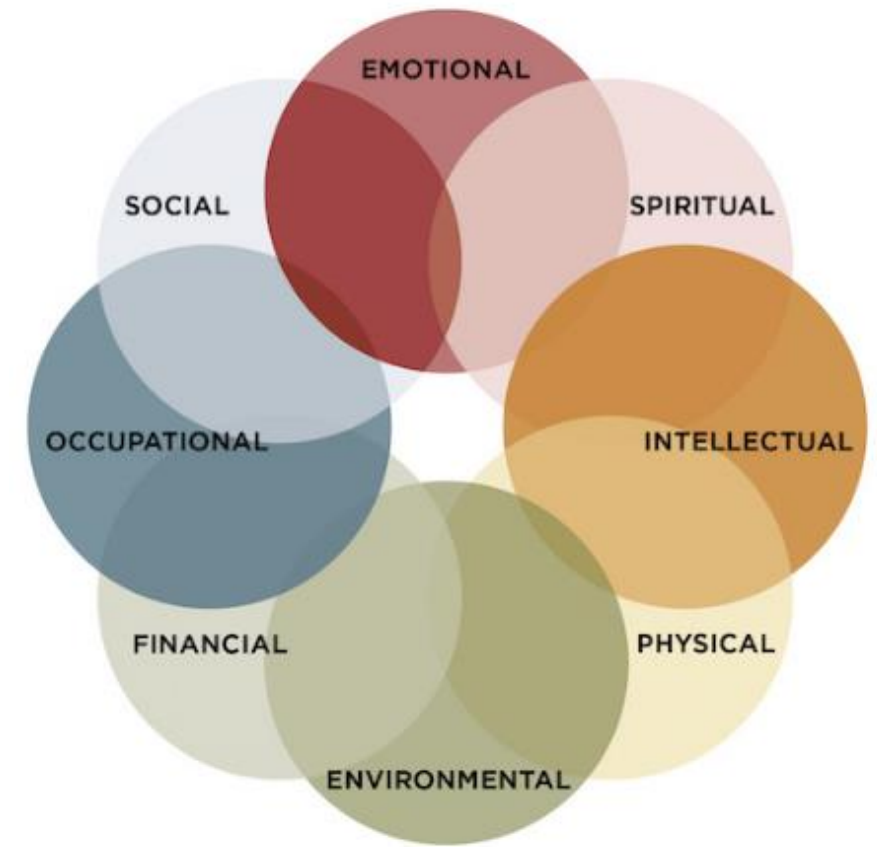
Most people who experience risk factors do not die by suicide.



Warning Signs & Risk Factors

Warning signs: Specific behavioral or emotional clues that may indicate suicidal intent.

Risk factors: Conditions or circumstances that may elevate a person's risk for suicide.



- Many factors contribute to suicide among those with & without known mental health conditions.





Individual

- Previous suicide attempt
- History of depression and other mental illnesses
- Serious illness such as chronic pain
- Criminal/legal problems
- Job/financial problems or loss
- Impulsive or aggressive tendencies
- Substance use
- Current or prior history of adverse childhood experiences
- Sense of hopelessness
- Violence victimization and/or perpetration



Relationship

- Bullying
- Family/loved one's history of suicide
- Loss of relationships
- High conflict or violent relationships
- Social isolation



Community

- Lack of access to healthcare
- Suicide cluster in the community
- Stress of acculturation
- Community violence
- Historical trauma
- Discrimination



Societal

- Stigma associated with help-seeking and mental illness
- Easy access to lethal means of suicide among people at risk
- Unsafe media portrayals of suicide

Protective Factors

- **Access** to effective behavioral health care
- **Connectedness** to individuals, family, community, and social institutions
- **Life skills**, including problem solving skills and coping skills, ability to adapt to change
- **Self-esteem** and a **sense of purpose** or meaning in life
- Cultural, religious, or personal beliefs that discourage suicide



LivingWorks Start

In just 90 minutes online, LivingWorks Start trains participants to recognize when someone may be thinking about suicide and how to connect them to help and support.

LivingWorks Start was developed with input from experts in suicide prevention, education, psychology, public health, social work, faith communities and the military.

High-quality content with a variety of simulation options, based on best-practice in online curriculum development.

Learn a powerful four-step model to help keep someone safer from suicide, practicing engaging an individual with direct and open talk about suicide.

LivingWorks Start has been proven to increase participant skills and confidence to intervene.

LivingWorks Start is appropriate and safe for anyone aged 15 years and older (13+ with parent/carer supervision) and requires no formal training or prior experience in suicide prevention.

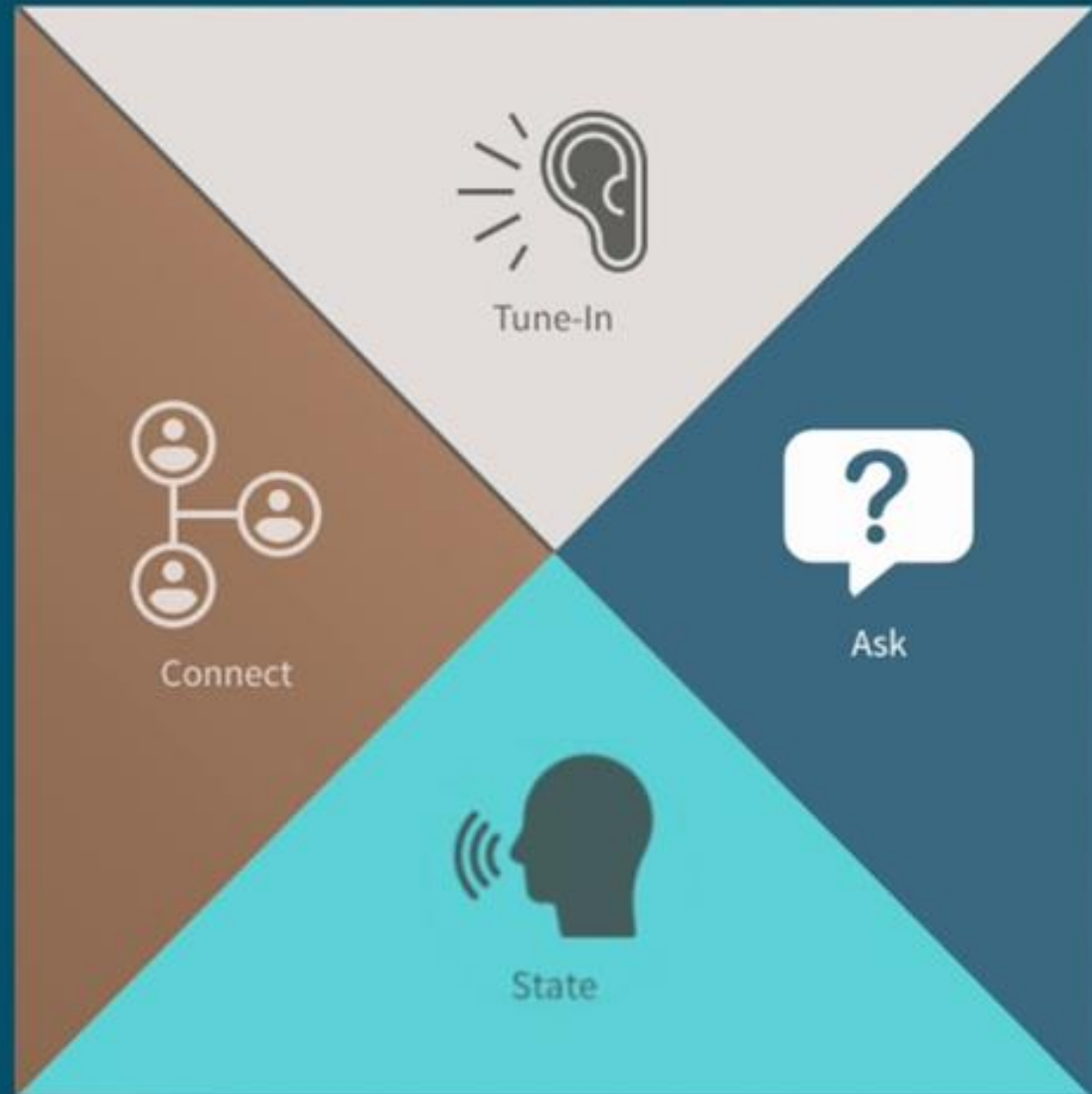
Safety resources and support are available throughout the program. LivingWorks Start is currently available worldwide in English, French and Spanish.

Online Training



LIVINGWORKS
Start

Powerful, intuitive skill-building model



Tune-in

- Be open and receptive to signs others may need help.
- Watch for things they say and do that may show they're thinking about suicide.
- Trust your instincts and don't be afraid to reach out.



Critical Warning Signs

If any of these critical warning signs are present, call 911 or the Suicide Prevention Lifeline at 988 right away:

- Threatening to hurt or kill oneself, or talking of wanting to hurt or kill oneself
- Making plans for suicide, or looking for ways to kill oneself (purchasing a gun, stockpiling pills, etc.)
- Talking, posting or writing about death, dying, or suicide, when these actions are out of the ordinary for the person



Feeling hopeless or
worthless

Feeling trapped or in
unbearable pain

Fear of becoming
a burden

Preoccupation with death or a lack of concern
about personal safety

Extreme mood swings

Withdrawal, isolation

Sudden uplift in mood, without a reason

Sleeping too much or
too little

Increasing use of substances,
especially alcohol

These additional warning signs
may not indicate an immediate
crisis, but are also cause for
concern, ***especially when the
behavior is new, has
increased, or seems related to
a painful event , loss or
change.***



Ask Directly

Express

Express what you've noticed as an opening statement.

- For example: "You're saying you wish you weren't here anymore. Sometimes when people say something like that, they're thinking about suicide."

Ask

Then Ask directly: "Are you thinking about suicide?"

Listen & display

Listen & display empathy.



If they say "No"

- Encourage them to talk about how they are feeling
- Support their coping and resiliency. Ask what helps them feel better.
- Encourage them to reach out to resources such as the Suicide Prevention Lifeline
- Remind them that you are there for them
- Listen without lecturing or judgment
- Be vigilant about the behaviors you are noticing and continue to check in with them on a regular basis.

State that Suicide is Serious

Remain	Thank	Listen and display	State	Tell
<p>Remain calm</p> <ul style="list-style-type: none">•Practice calming & deep breathing	<p>Thank them for their honesty and openness</p> <ul style="list-style-type: none">•"Thank you so much for being willing to share that with me. I appreciate you opening up."	<p>Listen and display empathy:</p> <ul style="list-style-type: none">•"That sounds really hard. I am worried about you and want to get you support."	<p>State that suicide is serious.</p> <ul style="list-style-type: none">•"This is really serious and it is really important for you to get support. You're not alone. I really care about your safety."	<p>Tell them that you want to support them and that you'd like to connect them to help.</p>

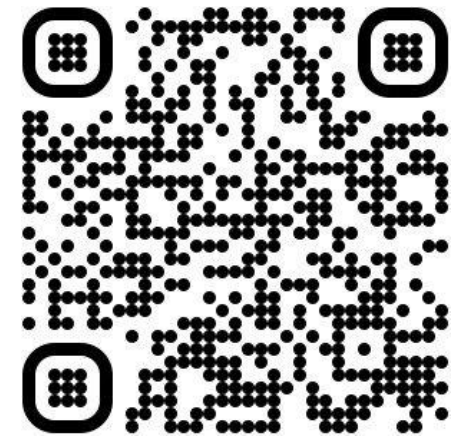
Connect to a Trusted Resource

- You don't have to know what to do or fix the problem.
- Let them know you want to help them get to some support.
- This could be a crisis line, a counselor, a medical clinic, or a mental health service. › Help facilitate the connection (e.g., by dialing a crisis line with them).
- Campus police: 911 or 619-388-7353
- Access & Crisis line: 888-724-7240
- Suicide Prevention Helpline: 988
- Miramar Mental Health: 619-388-7881





**TAKE CARE OF
YOURSELF!**



HOW TO SIGN UP

- 1) Sign up for LivingWorks with the links below, and check your email for confirmation link.
- a. **Students** : <https://lms-signup.livingworks.net/?orgcode=SDMCSTUDENTS®ion=United%20States>
- b. **Employees** : <https://lms-signup.livingworks.net/?orgcode=SDMCEMPLOYEES®ion=United%20States>
- 2) In your confirmation email, you will get a link on how to access the platform and set your username and password.
- 3) Once you access the site, Click on Our Training (left sidebar)
- 4) A group of course will populate, Click on LivingWorks Start Course. Please note that it will have a cost associated with it, but at the checkout process you will use a coupon code which will make the course free
- 5) Follow the checkout process and please use your address or the Miramar Address: 10440 Black Mountain Road San Diego, CA 92126
- 6) Under Coupon Code, enter **SDMC** to get your course for free before completing your order. The coupon code will reduce the price to \$0.00.
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MENTAL HEALTH COUNSELING

HEALTH SERVICES

619-388-7881

K2-102 BUILDING

- Short-term mental health counseling for students (in person or via video sessions, when appropriate) and referrals to community resources
 - **Up to 6 sessions**
 - **FREE & Confidential**
 - **Currently enrolled students**
 - **Call or walk-in to make an appointment**
- Mental Health workshops, events and mindfulness activities to optimize learning for students
- Counseling services can help students develop coping strategies, manage crises, achieve academic success and connect with community resources

MENTAL HEALTH CANVAS SHELL & INSTAGRAM

► <https://sdccd.instructure.com/enroll/8Y7966>

- Mental Health updates
- Resources
- Blog posts
- Upcoming events & workshops
- [Instagram: @sdmiramarmhc](#)



Headspace is here. Science- backed meditation.

Backed by over 20 published studies, Headspace meditations have been shown to reduce stress, increase happiness, and improve focus in as little as 10 days.

Enrolled Students Sign-up here FREE:

<https://work.headspace.com/sandiegomiramarcollege/member-enroll>

Need help?

teamsupport@headspace.com

Free to enrolled SD Miramar students while supplies last with miramar email address.



MINDFULNESS, MEDITATION & STRESS RELIEF







- Egg Chair: A uniquely immersive guided meditation experience

+♥ HeartMath.

- HeartMath: a science-based technology that uses heart focused breathing meditation to quickly change from feeling stressed to calm. Uses breathing techniques to bring about coherence – the alignment of your physical, mental and emotional systems to work in sync.

Make an appointment at the clinic front desk: 619-388-7881

SOME MOBILE APPS FOR SELF-CARE

Calm 	Headspace 	Strides 	MyFitnessPal 	Grateful 
Meditation	Mindfulness	Habit Tracker	Health	Gratitude Journal
<i>Free</i>	<i>Free</i>	<i>Free</i>	<i>Free</i>	<i>Free</i>
Apple and Android	Apple and Android	Apple	Apple and Android	Apple and Android

MENTAL HEALTH RESOURCES

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- The Behavioral Intervention Team is an interdisciplinary team that meets on a regular basis to review and respond to reports of student behaviors that are concerning and at the present time do not meet the criteria for a student conduct violation, an emergency situation, a perceived or present threat, imminent danger including self-harm or a threat to the community (which should be reported to College Police or 911).
- Provides a safe environment for the campus community to report student behaviors of concern through collaboration, information collection, risk assessment, and intervention
- Promotes campus safety
- Supports students via educational and supportive measures
- Provides consultation, referral, and support to faculty and staff

BEHAVIORAL INTERVENTION TEAM



REFERRAL PROCESS FOR BIT

- Fill out form and submit online

<https://cm.maxient.com/reportingform.php?SanDiegoCCD>

Website: <https://www.sdmiramar.edu/campus/behavioral>



Thank you for your attention!
Do you have any questions?