



**EHN CANADA**

# Suicide Ideation

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# Current Language

Useful	Avoid
"Took their own life" or "died by suicide"	"committed suicide"
"attempted suicide"	"successful or unsuccessful"



## Fact or Myth?

- 1) Talking to or asking someone if they are having suicidal thoughts is helpful.
- 2) A person who talks about attempting suicide rarely follows through. The person is probably just trying to get attention.
- 3) There is really nothing you can do to help someone who is truly suicidal.
- 4) People who attempt suicide and survive will most likely attempt again.
- 5) There is a typical profile for a person who may attempt suicide (gender, race, age, financial or educational status, etc)
- 6) Suicide typically occurs with warning signs.

# Canadian Statistics

- Every year, approximately 4,500 people in Canada die by suicide (Approximately 12 people per day).
- Approximately 200 people in Canada attempt suicide daily.
- High Risk Categories
  - Men and Boys
  - Veterans
  - Individuals in Prison
  - Minority Populations
- Women have higher rates of self-harm. Self-harm can be a risk factor for suicide.

# Warning Signs

- Specific behavioral or emotional clues that may indicate suicidal intent. Detectable.
- Voicing
- Behaving
- Emoting



# Risk Factors

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

- Individual
- Relationship
- Community
- Societal



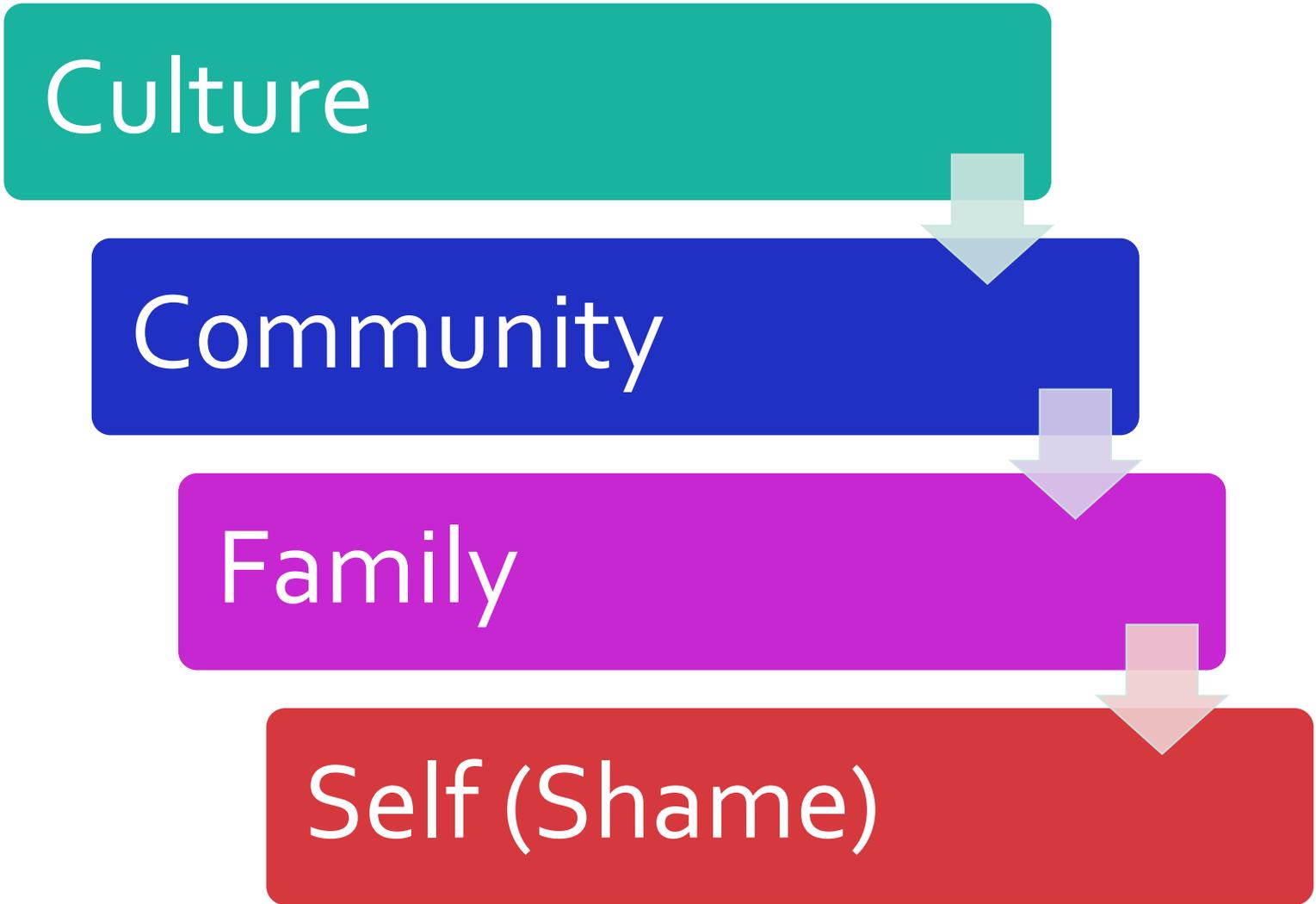
# Causes of Suicide

- Causes of suicide are extremely complex.
- Many individuals who experience and exhibit risk factors do not die by suicide.
- The rate of suicide among those aged 10 to 24 increased nearly 60% between 2007 and 2018.
- While the causes of suicide remain a point of contention in the literature, this statistically information gives us clues.

# At-Risk Populations

- Indigenous suicide rate 3 times higher than non-indigenous Canadians.
- Suicide is the leading cause of death in 2SLGBTQ+ youth. 4 times more likely to die by suicide than their peers.
- Black children twice as likely to die by suicide compared to their peers.
- In general, minority populations experience greater suicide risk.
  
- Why is this?

Culture



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graph TD; Culture[Culture] --> Community[Community]; Community --> Family[Family]; Family --> Self[Self (Shame)];
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Community

Family

Self (Shame)

Dr. Shelley  
Craig AFFIRM  
Model

Shame-Based  
Culture

Discrimination  
and Stigma

# Impacts

- Internalized Oppression
- Negative Core Beliefs
- Never enough.
- Trance of Unworthiness (Tara Brach) enhances disconnection from self and others

# Video

- [https://www.youtube.com/watch?v=zDDYHEInBAI&ab\\_channel=WayOfThinking](https://www.youtube.com/watch?v=zDDYHEInBAI&ab_channel=WayOfThinking)

## General Steps to Take

- 1) After identifying signs. Start the conversation. Be direct.
- 2) Listen, express concern, offer support.
- 3) Safety plan if necessary.
  - Access to anything that could be lethal?
  - Create a plan with coping strategies.
  - Make a list of supports.
- 4) Get help.



# Protective Factors

## Individual

- Therapy to enhance emotional regulation and distress tolerance skills. Address underlying trauma and underlying risk factors.
- Identify any underlying diagnoses that require medication. Example: Borderline personality .
- Viewing suicide as a firefighter part (IFS). Very compassionate and destigmatizing.
- Reaction to pain not character flaw.

## Relationship

- Supportive relationships with partners, friends, and family.
- Address relationship dysfunction. Where does the relationship need to go?
- Building strong peer connections with similar struggles.
- Perceived social support and connection with others is critically important.

## Community

- Building community and joining groups.
- Availability of consistent and high quality physical and behavioral healthcare.
- Belongingness and universality is an important protective factor.

## Societal

- Reduce stigma around accessing mental health supports.
- Promoting equity, diversity, and inclusion throughout society.
- Advocacy for all sorts of social change.

Questions?

