

Suicide Awareness and Prevention

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Who Are We?

- Long-term Oakwood residents
- Survivors of suicide loss
- Members of a club we didn't ask to join
- Volunteers/board member of AFSP Ohio
- Members of Montgomery County's Suicide Prevention Coalition
- Creators of Dayton's Out of Darkness Walk
- Certified ASIST trainers and suicide awareness and prevention speakers

Suicide Does Not Discriminate

- **Veterans**—22 per day are lost to suicide
- **Youth**—2nd leading cause of death in youth ages 10-34. More youth die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, & chronic lung disease COMBINED (CDC, 2017)
- **LGBTQ**—youth, 6 times more likely to die by suicide
- **ANYONE**—athletes, artists, nerds, academics, celebrities, professionals, blue collar workers, first responders, senior citizens, parents, children, males, females, all ethnicities,

Statistics

- 48,000+ Americans died by suicide in 2018 and 1.4 million attempted in 2017 (AFSP)
- Each suicide leaves behind an average of 115 people affected by the loss
- Youth suicides increased 56% in 2007-2016 (CDC)
- Suicide rates are underreported—many suicides are recorded as accidents
- 4 out of 10 suicides could be prevented by reducing access to means

AFSP

(American Foundation for Suicide Prevention)

- Reduce suicides 20% by 2025 (Project 2025)
- Spread awareness through 400+ walks
- Fund research on suicide—largest private funder
- Provide educational programs that explain risk factors & warning signs and focus on prevention
- Partner with organizations to promote gun safety
- Advocate for mental health care on the local and national level

ASIST

(Applied Suicide Intervention Skills Training)

Two-day workshop to teach people how to support people actively thinking about suicide

- Focuses on keeping person with thoughts (PWT) safe for now
- Explores attitudes about suicide
- Teaches how to help a PWT *talk* and teaches a Caregiver how to *hear* and offer support
- Supports the Caregiver as well as the PWT

What Are We Doing Locally?

- Bringing suicide out of the darkness and encouraging people to talk about suicide
- Changing the language regarding suicide to reduce the stigma, shame, and fear
- Developing a suicide safer community by teaching people how to recognize the signs of suicide and how to develop a plan to keep PWTs alive
- Limiting the number of members in this club we never wanted to join in the first place

Programs We Offer

Two-day workshop

ASIST, May 4 – 5, Oakwood United Methodist Church,
\$20, CEUs available, register at
<https://afsp.wufoo.com/forms/m1nf5m1o1hgdd2x/>

One-hour programs (available upon request)

- **Talk Saves Lives**, all ages
- **It's Real**, high school/college students
- **More Than Sad**, junior high students
(teacher/parent version also available)

Contact Us

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One Last Thought...

5,200

Youth died *last year* by suicide

less than 150

Students have died in school shootings *since 2001*

We ***MUST*** address this national health crisis.

SUICIDE PREVENTION LIFELINES

1-800-273-TALK

Text 741741