
REAL TALK: WHAT IS SUICIDE PREVENTION?

PRESENTERS



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REAL TALK: WHAT IS SUICIDE PREVENTION?



- IT'S EVERYONE'S BUSINESS!
- HOPE!
- ENGAGED COMMUNITIES!

REAL TALK: WHAT YOU CAN DO!

person: hey wanna hang out

me: sorry can't i'm on a tight schedule

today



I'm no therapist
but I promise you this:

I will listen.
I will care.

PROTECTIVE FACTORS (WELL, BECAUSE WE MUST!)

- Biophysical
 - Maintaining a healthy lifestyle
- Sociological
 - Positive interaction with family and friends
 - Involvement in extracurricular activities or religious groups
 - Access to other support services
- Psychosocial
 - Positive self-talk/Emotional regulation
 - Subjective sense of self-sufficiency
 - Optimism



PERCEPTION VS. REALITY

I **CAN** Talk About Suicide and I **SHOULD!**

Facts:

- Talking about suicide reduces stigma, allows individuals to seek help, rethink opinions and share personal stories with others, thereby preventing suicide.
- Studies show that when people are suicidal, they are often ambivalent and torn between the desire to live or to die.

REALITY VS. PERCEPTION

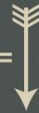
Suicide **COULD** happen to someone I know!

Facts:

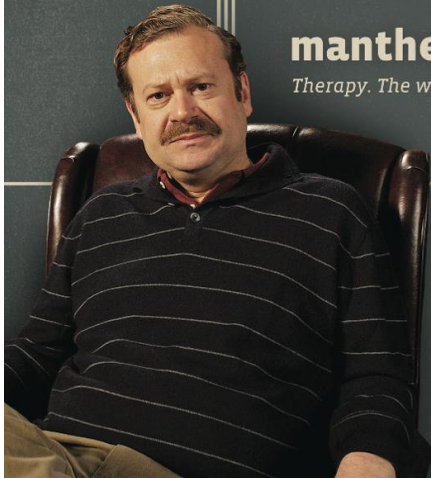
- 1.4 million Americans attempted suicide
- Over 47,000 Americans died by suicide
- Suicide is the 10th leading cause of death in the United States
 - 2nd most common cause of death among 16-34
 - 4th most common cause of death among 35-54

YOUNG PEOPLE AREN'T THE ONLY ONES AT RISK

*You can't fix
your mental
health with
duct tape.*



mantherapy.org
Therapy. The way a man does it.



Let's Talk About Men!

- Veterans
- Middle-aged Males
- Older Adults/Seniors

STIGMA – LET IT GO!

S – Say it Ain't So

T – Talk About It

I – Invest in Relationships

G – Get Educated

M – Media Matters

A – All Aboard



Matteo
@MatteoGenota

Me on the outside vs me on the inside



MESSAGING MATTERS!

S – Stop saying “commit”

T – Tell it like it is – NO DRAMA

I – Include resources for seeking help

G – Get Educated: Papageno vs Werther effect

M – Mention Lost Loved Ones

A – ADVOCATE!

FINAL DISCUSSION AND QUESTIONS

REAL
TALK

- Overview
- Be the ONE person
- Join the REAL TALK Conversation
- My why – What's yours?
- Questions

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