

For More Information about Suicide Prevention



NATIONAL RESOURCES

American Association of Suicidology
202-237-2280

www.suicidology.org

**American Academy of Child
and Adolescent Psychiatry**

www.aacap.org

American Psychological Association
800-274-2721

www.apa.org

Centers for Disease Control and Prevention

www.cdc.gov/ncipc

National Institute of Mental Health

www.nimh.nih.gov

**President's New Freedom
Commission on Mental Health:
Achieving the Promise**

[http://www.mentalhealthcommission.gov/
reports/reports.htm](http://www.mentalhealthcommission.gov/reports/reports.htm)

Suicide Prevention Resource Center
877-438-7772

www.sprc.org

CONNECTICUT RESOURCES

Connecticut Department of Public Health
Injury Prevention Program
860-509-7805

<http://www.dph.state.ct.us/>

Connecticut Department of Children and Families

Children's Behavioral Health
Connecticut Youth Suicide Advisory Board

<http://www.ct.gov/dcf>

**Connecticut Department of Mental Health
& Addiction Services**

<http://www.ct.gov/dmhas/>

Connecticut Clearinghouse

1-800-232-4424
860-793-9791

www.ctclearinghouse.org



REFERENCES

The Surgeon General's Call to Action to Prevent Suicide
<http://www.surgeongeneral.gov/library/calltoaction>

U.S. Public Health Service Mental Health: National
Strategy to Prevent Suicide: Goals and Objectives for
Action.

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SUICIDE PREVENTION Across the Lifespan



Connecticut Interagency Suicide Prevention Network



Connecticut Interagency Suicide Prevention Network

The Connecticut Interagency Suicide Prevention Network (ISPN) is an interagency, interdisciplinary collaboration facilitated by the State of Connecticut Department of Public Health (DPH). The mission of ISPN is to collaborate across agencies and disciplines to reduce suicide across the life span. The ISPN completed the CT Comprehensive Suicide Prevention Plan in 2005. (www.ct.gov.dph)
– Publications/Suicide

The Problem

Suicide is a serious public health problem. Suicide is a leading cause of death in the United States and a leading cause of death for Connecticut residents ages 10-64.

- The highest rates of suicide in Connecticut:
 - Children and youth (to age 19) who are 15 to 19 years of age.
 - Adults (ages 20 - 64) who are 45-49 years of age.
 - Seniors (ages 65 and older) who are age 85 and older.
- Males have the highest suicide completion rates. White males die by suicide more frequently than males of other races and ethnicities.
- Firearms and suffocation / hanging are the most frequent methods of completed suicides.
- Females attempt suicide more frequently than males.
- The primary method of suicide attempts across the lifespan is poisoning -use of drugs/ medications.
(Injury in Connecticut, CT DPH)



Risk Factors

Risk factors are stressful events, situations and/or conditions that are associated with greater potential for suicide and suicidal behavior. These include but are not limited to:

- Alcohol/substance abuse
- Mental health issues, particularly mood disorders such as depression and bipolar disorder
- Traumatic loss – death or suicide of a loved one
- Hopelessness
- Impulsive and/or aggressive tendencies
- Significant disappointment, humiliation or loss of status (e.g., break-up, or arrest)
- Past Suicide Attempts
- Easy access to lethal methods, especially guns



Important Numbers

National Suicide Prevention Lifetime

1-800-273-TALK (8255)

911 Emergency

2-1-1 (Infoline: Suicide/crisis, information and referral line)

Protective Factors

(Reduce the likelihood of suicide.)

- Effective clinical care for mental, physical, and substance abuse disorders
- Easy access to clinical interventions and support for help-seeking
- Restricted access to highly lethal means of suicide
- Strong family and community support
- Ongoing medical/mental health supports
- Skills in problem solving, conflict resolution, and nonviolent handling of disputes
- Cultural and religious beliefs that discourage suicide and support self-preservation



Resources That Can Help

- Family Member/Friend
- Religious Leader
- Current Clinician and/or Psychiatrist
- Physician
- School Mental Health Personnel
- Emergency Mobile Psychiatric Services / Mobile Crisis Team
- Emergency Room
- Employee Assistance Program