





# Suicide Awareness

Presentation by The Kid's Therapy Center



This effort is associated with North Dakota's State Suicide Prevention Program, funded by the State of North Dakota and administered through the Department of Human Services (DHS), Behavioral Health Division (BHD).



# Who are we?

The Kid's Therapy Center LLC is a mental health counseling and training center for all ages birth through adults. We also provide services for families and couples Therapy. Services are offered individually and in a group setting.

## **Mental Health Counseling Services:**

Individual Therapy  
Group Therapy  
Couples Therapy  
Family Therapy  
Infant and Toddler Mental  
Health Services  
School Based Mental Health  
Services

## **Complete Wellness Track:**

Wellness Consultations  
Lifestyle Changes  
Vitamins and Supplementation  
Testing  
Well Child Exams  
Minor Sick Visits  
Sports Physicals



# Key Terms

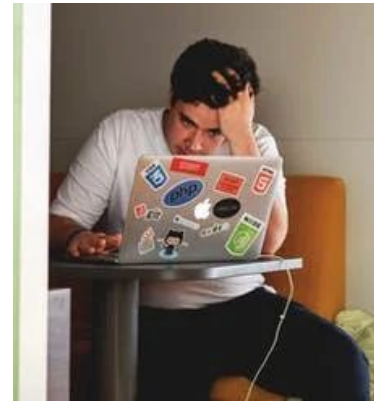
**Suicide-** death caused by injuring oneself with the intent to die.

**Suicidal Ideation-** thinking about suicide or wanting to take your own life.

**Intrusive Thoughts-** unwanted thoughts that can pop into our heads without warning, at any time.

**Mental Health-** emotional, psychological, and social well-being.

**Mental Health Disorder-** disorders that affect your mood, thinking and behavior.



# Depression

Everyone experiences sadness at some point, but depression takes it a step further:

- Negative feelings and mood- Hopelessness, loneliness, worthlessness
- Negative thinking- Hopeless, self-critical
  - Can include intrusive thoughts and/or suicidal ideation
- Low energy and motivation
- Poor concentration
- Physical Symptoms-
  - Overeating/loss of appetite, oversleeping/sleeplessness, headaches, stomachaches
- Social withdrawal

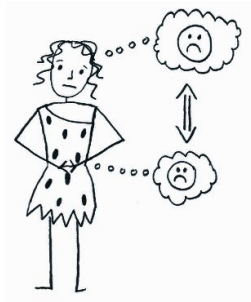


# Underlying Factors of Mental Health Disorders

## Physical Influences-

Gut-brain connection: 90% neurotransmitters in digestive tract

- Inflammation
- Nutritional Deficiencies
- Not Releasing Toxins
- Not Digesting properly
- Food Sensitivities-
  - Gluten, wheat, dairy, eggs, yeast, shellfish, tree nuts, peanuts, garlic, soy, preservatives, artificial flavoring and color



## Genetics-

- BDNF- increased risk of suicidal thinking
- MTHFR- Anxiety and Depression
- DRD2- Addictive Disorders



## Trauma-

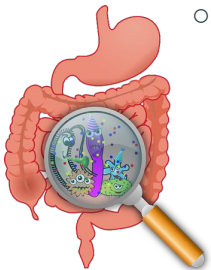
- Physical, verbal, sexual abuse
- Bullying
- Death/loss

Questioning sexuality

Social isolation

Discrimination

Severe/ long-term stress



# Warning Signs of Suicide

Talking or writing about suicide

Withdrawing from social contact

Seeking to obtain a means of committing suicide

Developing personality changes or being severely anxious or agitated when experiencing some of the warning signs



Severe mood swings

Increased use of alcohol or drugs

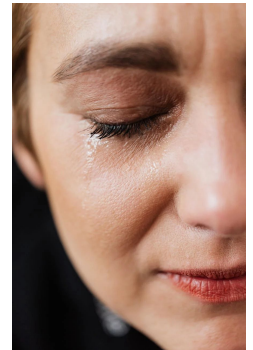
Feeling trapped or hopeless

Changes in eating or sleeping patterns

Giving away belongings

Having a plan

**\*\*These warning signs are especially pertinent for individuals who have a history of attempting suicide\*\***



# Suicide: What to do if it's someone you know

Every threat is serious and it is not your job to decide if it was a joke.



1. **Tell a trusted adult (i.e. your parents, their parents, a school counselor or administrator)**
  - a. If the person is in immediate danger, call 911
  - b. If you seriously suspect that the person is in danger, call the police and ask for a welfare check on the person
2. **Be a support.**
  - a. Help them access a crisis line
  - b. Let them know that they are loved and valued
    - i. A kind message can go a long way
  - c. Withdrawal and isolation are warning signs, try to be as inclusive as possible
  - d. Listen and talk, showing that you understand what they're feeling
  - e. Remind them that things can get better, and that you are there for them through the downs and ups
  - f. Help them see the things that are already good about their life, even when it's hard for them to notice



**Note:** Your job is to help them find help, it is not your job to be their help. You can absolutely support the person, but their actions are not your responsibility.

# Suicide: What do do if it is you



- Do not be afraid to ask for help, you do not need to fight this alone.
  - **Telling a trusted adult**
    - If you are alone and do not believe you can stay safe, call the police for support
    - Find a safe adult to talk to about your emotions and experiences
  - **Asking a friend to help you reach out to a trusted adult**
  - **Reaching out to a suicide hotline**
    - 24-Hour FirstLink Helpline -- 211 or 701-235-7335
    - Crisis Text Line -- Text Hello to 741741
    - National Suicide Prevention Lifeline -- 800-273-8255
    - YouthLine -- Text teen2teen to 839863, or call 1-877-968-8491
    - LGBTIA+ - The Trevor Project -- 1-866-488-7386 or text START to 678678
      - Trans Lifeline -- 1-877-565-8860
      - LGBT National Youth Talkline -- 1-800-246-7743



Your pain is real, but suicide is a permanent solution to temporary feelings.



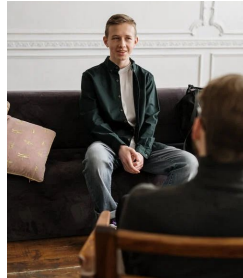
# What happens next

## Inpatient treatment-

- Highly structured 24 hour care
- Provides an understanding the prevalent symptoms, rapid stabilization, identification and development of strategies to prevent re-hospitalization, and discharge planning.
- Works to build life skills without exposure to negative experiences or triggers in daily life

## Treatment Approach-

- Dietary changes
- Physical activity
- Supplements
- Medication



## Counseling-

- Often in an outpatient setting
- A collaborative effort between counselor and client
  - Can help clients identify goals and potential solutions to current stressors
  - Help improve communication and coping skills
  - Increase self-esteem
  - Promote optimal mental health



Counseling is a safe space for the client.

Counselors are not there to judge or condemn.

Their job is to to a support and a guide. Ultimately, it is up to the client to make changes.

*Healing is possible!*

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