



HOPE > pain

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Care of the Soul

*“The Greeks told the story of the minotaur, the bull-headed flesh-eating man who lived in the center of the labyrinth. He was a threatening beast, and yet his name was Asterion – Star. I often think of this paradox as I sit with someone with tears in her eyes, searching for some way to deal with a death, a divorce, or a depression. It is a beast, this thing that stirs in the core of her being, but it is also the star of her innermost nature. We have to care for this suffering with extreme reverence so that, in our fear and anger at the beast, **we do not overlook the star.**”*

-Care of the Soul, Thomas Moore

What “causes”
suicide?



Recommended language

USE

- Died by suicide
- Attempted suicide

Don't use

- *“Committed suicide”*
- *“Successful” or “Unsuccessful” attempts*

NATIONAL Action Alliance FOR SUICIDE PREVENTION

Action Alliance Framework for Successful Messaging

What is the Framework? Strategy Safety Positive Narrative Guidelines Examples

Strategy

Strategy involves planning and focusing messages, so they are as effective as possible.

[Read more>>](#)

YOUR Message Matters!

It's not just a *Framework*, it's a *movement!*

→ **Sign on and take action.**

We have signed on

Sandra Kiume
@un suicide

Elaine de Mello
NAMI New Hampshire

Messaging to the public about suicide? Strategy Safety Positive Narrative Guidelines

How we communicate about suicide may influence a vulnerable person towards suicidal behavior.

SuicidePreventionMessaging.org

“Werther” vs. “Papageno” Effect

Or **positive messaging** about suicide prevention such as coverage of positive coping in adverse circumstances, or information about resources may have **protective effects.**

KNOW THE SIGNS

Pain isn't always obvious, but most suicidal people show some signs that they are thinking about suicide. The signs may appear in conversations, through their actions, or in social media posts. **If you observe one or more of these warning signs**, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change, **stop in or speak up**.



If any of these signs are present, call the [National Suicide Prevention Lifeline](https://www.suicidelspreventable.org) at 1-800-273-8255.

- Talking about death or suicide
- Seeking methods for self harm, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason to live

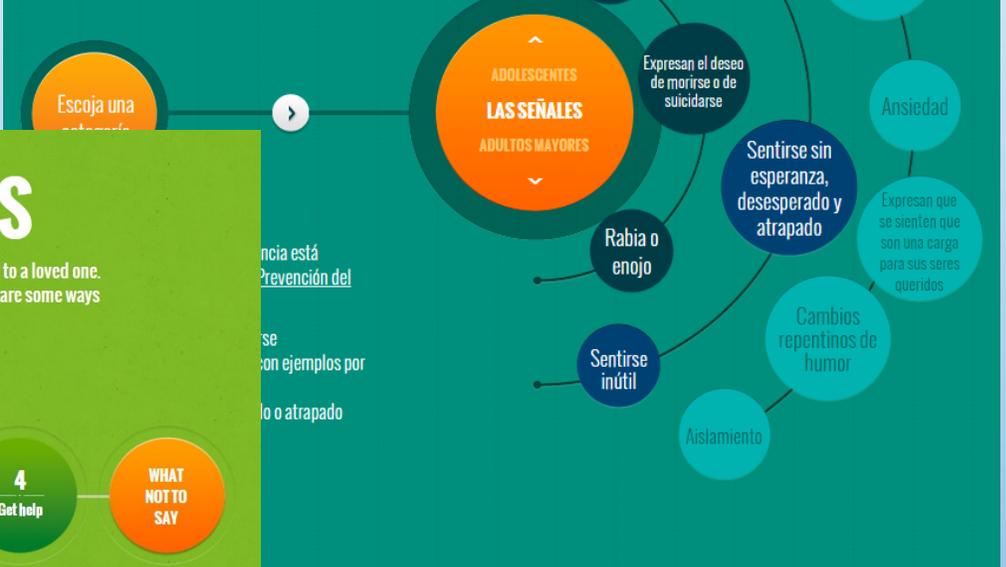
FIND THE WORDS

"Are you thinking of ending your life?" Few phrases are as difficult to say to a loved one. But when it comes to suicide prevention, none are more important. Here are some ways to get the conversation started.

- 1 Start the conversation
- 2 Listen, express concern, reassure
- 3 Create a safety plan
- 4 Get help
- WHAT NOT TO SAY

RECONOZCA LAS SEÑALES

El sufrimiento no siempre se nota, pero la mayoría de las personas suicidas muestran algunas señales de lo que están pensando. Las señales se pueden manifestar por medio de conversaciones, en su manera de actuar o en sus comentarios en las redes sociales. **Si observa, aunque sea una de estas señales**, especialmente si nota que el comportamiento es algo nuevo, que ha incrementado o que parece ser a causa de una pérdida, un cambio o un evento trágico, **actúe o diga algo inmediatamente**.



Asking Directly about Suicide

- Are you thinking about suicide?
- Do you have a plan? Have you done anything to begin to carry out this plan (acquiring methods, giving away possessions, research, etc.)
- When was the last time you thought about suicide?

MY SAFETY PLAN

Fill out MY SAFETY PLAN and reference it when you are feeling suicidal.

▼ 1. MY WARNING SIGNS

EDIT

▼ 2. MY COPING STRATEGIES

EDIT

▼ 3. MY DISTRACTIONS

EDIT

▼ 4. MY NETWORK

EDIT

▼ 5. KEEPING MYSELF SAFE

EDIT

MY3 Features: Safety Plan

- Adapted from Safety Plan by Barbara Stanley & Gregory Brown (2008)
- A tiered plan that provides activities for distraction, and people to call on depending on degree of suicidality
- A **tool** in your therapeutic relationship; a **plan to stay safe** for the individual
- Can be emailed to providers

Directing Change Program & Film Contest

Youth and young adults submit short films and art projects about suicide prevention, and mental health promotion & explore these topics through the lens of diverse cultures.



❖ Youth guided!

- ✓ Change conversations in schools and communities about mental health and suicide prevention
- ✓ Open to students in grades 6-12, and youth ages 12 to 25
- ✓ Evaluated curriculums and resources guide youth film makers and submissions



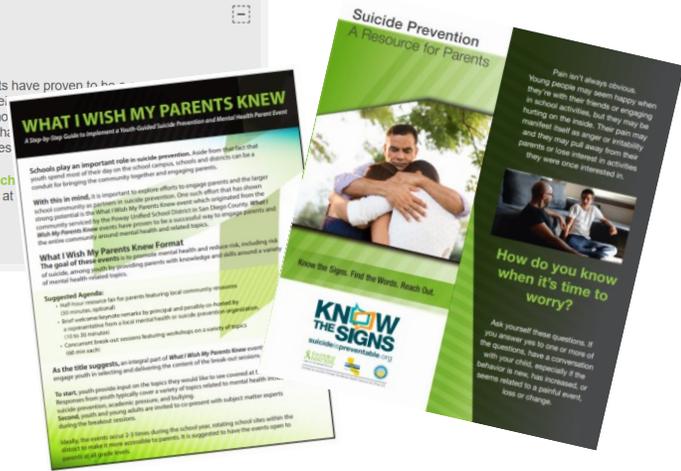
DirectingChangeCA.org

Youth Engagement

Parent Engagement

What I Wish My Parents Knew: What I Wish My Parents Knew events have proven to be effective in engaging parents and the entire community around mental health and risk, including risk of suicide, and knowledge and skills around a variety of mental health-related topics, in communities. This toolbox covers how to plan and implement this series.

Directing Change Suicide Prevention Information for Parents Broch questions parents can ask themselves to assess if their teen might be at risk. Tips on raising resilient teens as well as resources are provided.



Region 1 San Diego, Orange, and Imperial County

* **First Place:** "An Awkward Conversation" (Advancing to statewide round of judging)
Orange County
Valencia High School
Filmmakers: Roman Tijerina and Ricky Lopez
Advisor: Rod Boaz
[View & Download](#)



We Never Walk Alone

Directing Change (me) Follow

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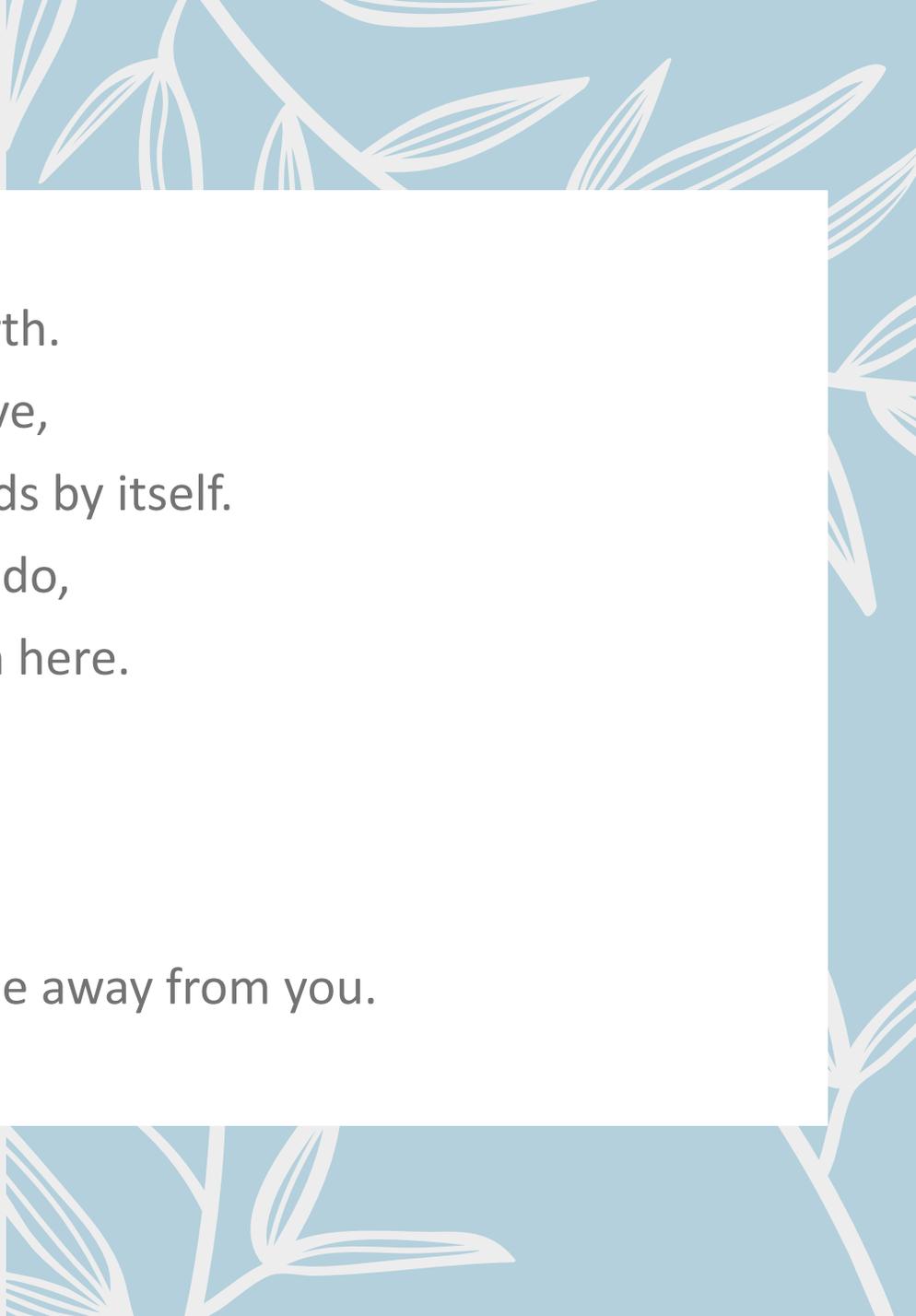




CRISIS TEXT LINE |

Text HELLO to 741741
Free, 24/7, Confidential

National Crisis Resources



Hold on to what is good,
Even if it's a handful of earth.
Hold on to what you believe,
Even if it's a tree that stands by itself.
Hold on to what you must do,
Even if it's a long way from here.
Hold on to your life,
Even if it's easier to let go.
Hold on to my hand,
Even if someday I'll be gone away from you.

-Pueblo Prayer

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