HOPE > pain

Stan Collins, NREMT
StanPCollins@gmail.com
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

For more information on effective messaging for suicide prevention, visit: suicidepreventionmessaging.org
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.
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?
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
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
National Crisis Resources

Text HELLO to 741741
Free, 24/7, Confidential
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
Hope > Pain

Stan Collins, NREMT
  • StanPCollins@gmail.com