



Ohio Suicide
Prevention Foundation

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Suicide Prevention

Presented by: Daniel Bennett



Acknowledgment

 We Acknowledge Suicide Loss Survivors

 Suicide Attempt Survivors

 Individuals Living with Chronic Suicidal Thoughts

Talking About Suicide

What is Suicide: Terms to know

Suicide: The act of intentionally causing one's own death.

Suicide Ideation: Thinking about or planning suicide.

Suicide Attempt: The act in which an individual tries to kill themselves.

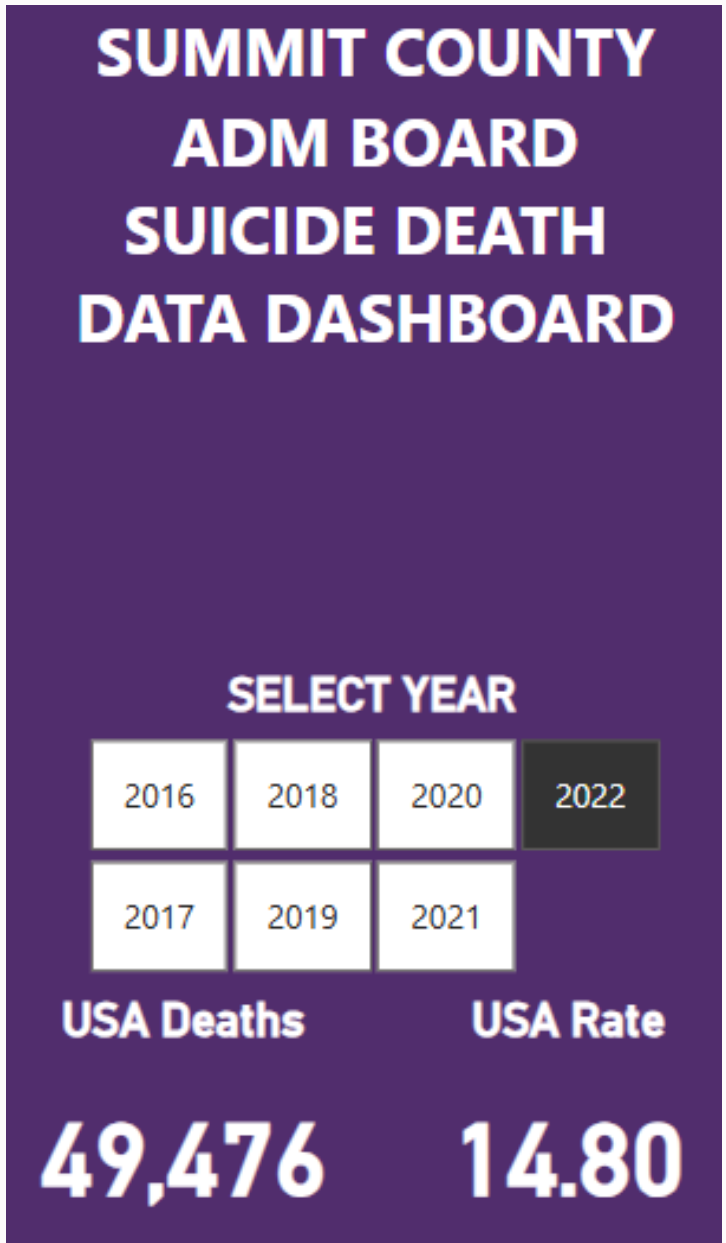
Self Harm: Purposely harming one's own body without the intent to die.
Also known as Non-Suicidal Self Injury (NSSI)

Talking About Suicide: Language Matters

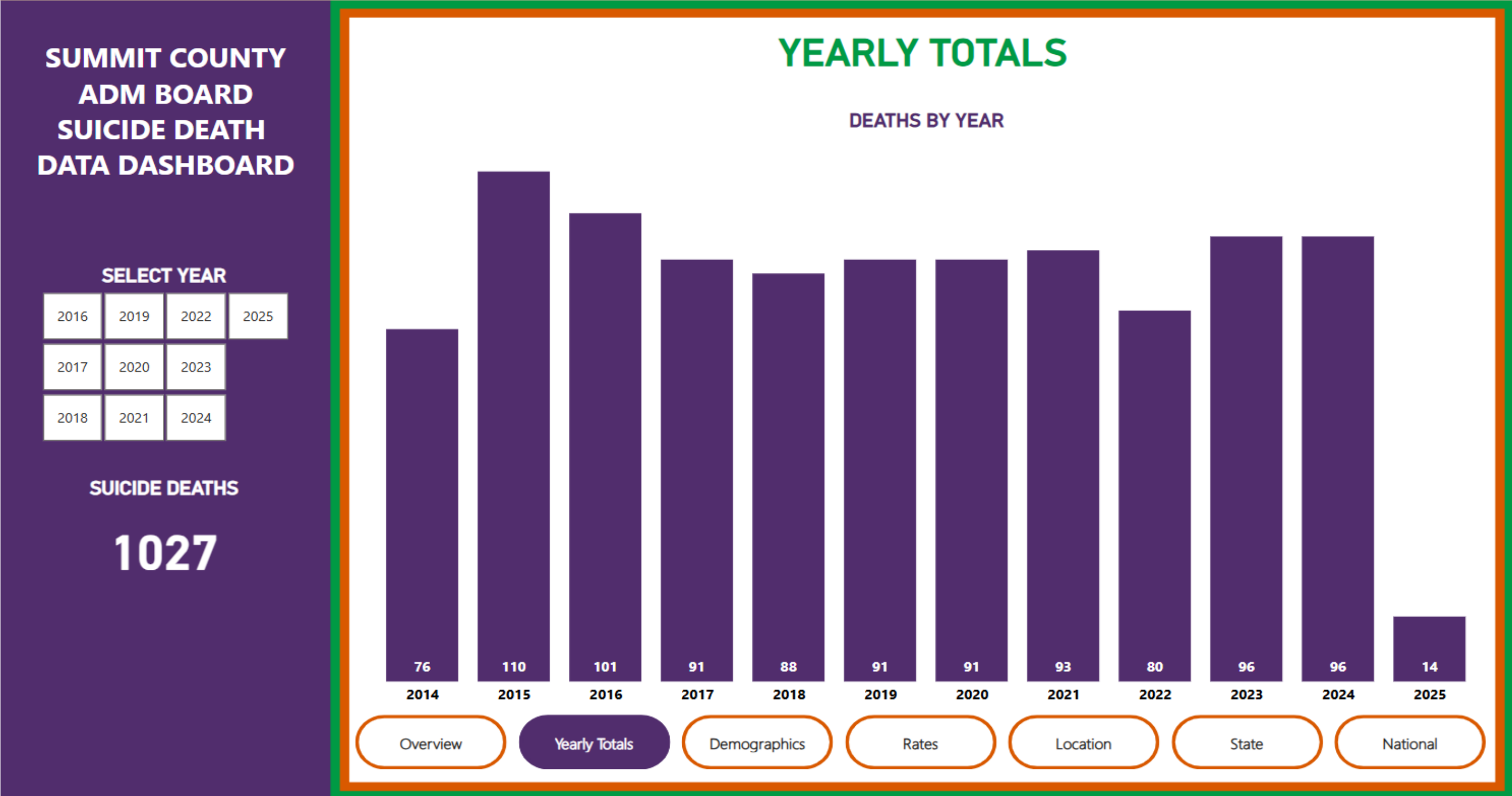
INSTEAD OF THIS...	...SAY THIS	WHY
commit/committed suicide	died by suicide / death by suicide / lost their life to suicide	<p>“commit” implies suicide is a sin or crime, reinforcing the stigma that it’s a selfish act and personal choice</p> <p>using neutral phrasing like “died by suicide” helps strip away the shame/blame element</p>
successful/unsuccessful suicide completed/failed suicide	<p>died by suicide / survived a suicide attempt / lived through a suicide attempt</p> <p>fatal suicidal behaviour / non-fatal suicidal behaviour</p> <p>fatal suicide attempt / non-fatal suicide attempt</p>	<p>the notion of a “successful” suicide is inappropriate because it frames a very tragic outcome as an achievement or something positive</p> <p>to be matter-of-fact, a suicide attempt is either fatal or not</p>
epidemic, skyrocketing	rising, increasing	<p>words like “epidemic” can spark panic, making suicide seem inevitable or more common than it actually is</p> <p>by using purely quantitative, less emotionally charged terms like “rising”, we can avoid instilling a sense of doom or hopelessness</p>
<Name> is suicidal	<Name> is facing suicide / is thinking of suicide / has suffered through suicidal thoughts / has experienced suicidal thoughts	we don’t want to define someone by their experience with suicide; they are more than their suicidal thoughts

Suicide Rates

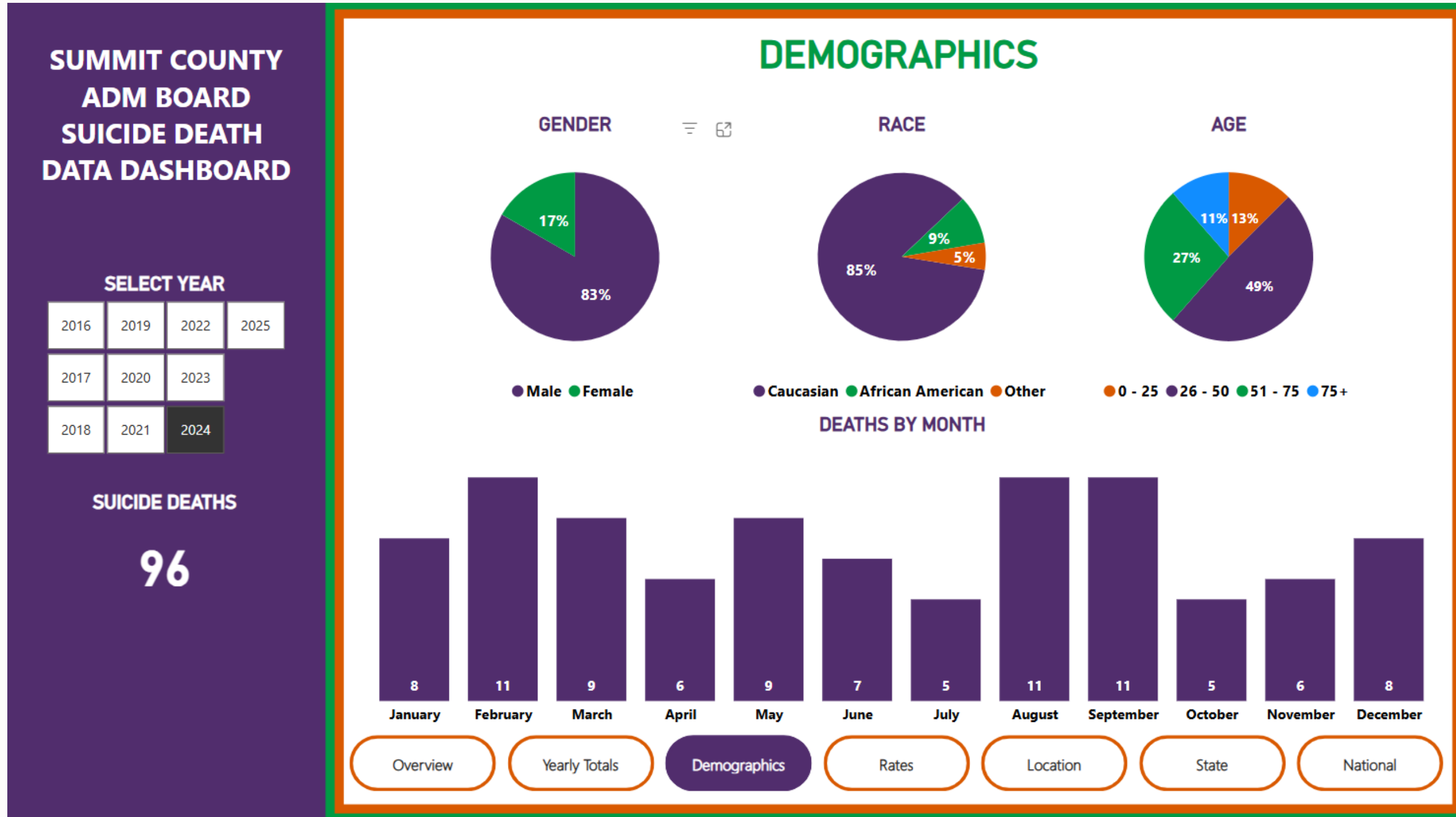
Is Suicide Happening Here? In Ohio? Nationally?



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Recognizing Suicide Risk

Is Someone Suicidal: Warning Signs

Verbal Clues: Direct and indirect language

Behavioral Clues: Previous Attempts, Accessing Means, Behavioral Changes, Giving Away Possessions, Substance Use, Putting Personal Affairs in Order, General Depression Symptoms, Not Tolerating Praise, Sudden Happiness, Unusual Neglect

Situational Clues: Exposure to Suicide, Illnesses/Pain, Loss of Freedom, Financial Issues, Unwanted Moves, Fired or Expelled

Is Someone Suicidal: Risk & Protective Factors

Risk Factors	Protective Factors
<ul style="list-style-type: none">• Prior Attempts• Drug/Alcohol Use• Mental Health Disorders• Access to Lethal Means• Suicide Loss of Family/Friend• Social Isolation• Chronic Disease/Disability• Lack of Access to Health Care	<ul style="list-style-type: none">• Effective Behavioral Health Care• Connectedness to Others• Coping and Problem Solving Skills• Sense of Purpose• Cultural, Religious, or Personal Beliefs

How Can You Get Involved

Getting Involved in Suicide Prevention

- **Build Connections**
- **Suicide Prevention Coalition**
- **De-stigmatize Help Seeking**
- **It's Okay to Ask**
- **Know and Promote Resources**

Local Resources

- **988/ Portage Path**
- **PIRC/PES/911/211**
- **Summit ADM Board**
- **Hospital Emergency Rooms**
- **Summit County Crisis Line 330-434-9144**
- **Mental Health Agencies across Summit County**
- **County of Summit EAP**

Mental Health and Addiction Emergency or Crisis?

Mental Health and Addiction EMERGENCY

A mental health and/or addiction emergency is a life-threatening situation. An immediate response from law enforcement or medics is needed. A person may be actively trying to harm themselves or someone else. In other situations, a person may be out of touch with reality, be unable to function properly, or may be out of control.

Examples of mental health and addiction emergencies are:

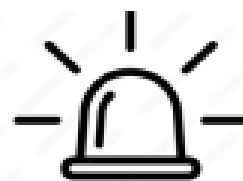
- Active suicide threat.
- Threatening harm to self or others.
- Self-injury that needs medical attention.
- Severe intoxication.
- Inability to care for oneself.
- Apparent drug overdose.

If someone is having a mental health
and/or addiction emergency,
CALL 911.

What to expect when you call 911:

- A dispatcher will answer your call and ask about your emergency.
- Local law enforcement or paramedics will be sent to your location.
- In some cases, a crisis intervention team will accompany law enforcement.
- You will get help dispatched immediately.
- You may be transferred to 988, if appropriate.

911



Mental Health and Addiction CRISIS

A mental health and/or addiction crisis is not a life-threatening situation. Intervention may be possible without an immediate response by law enforcement or medics. A person may be thinking about hurting themselves or someone else or may be extremely emotionally upset or distressed.

Examples of a mental health and addiction crises are:

- Talking about suicide or planning to harm oneself.
- Talking about harm to self or others.
- Self-injury that doesn't need immediate medical attention.
- Overuse of alcohol or other drugs.
- Extreme depression, anxiety, or other mental illness symptoms.

If someone is having a mental health
and/or addiction crisis,
CALL 988.

What to expect when you call 988:

- A trained professional will answer your call.
- The professional will ask you to describe your crisis.
- In many cases, the professional will assist you over the phone and link you to additional care as necessary.
- In some cases, a mobile team will be sent to your location.
- If necessary, the person experiencing a crisis will be taken to a stabilization facility.
- You may be transferred to 911, if needed.

988



988 SUICIDE & CRISIS
LIFELINE

mha.ohio.gov/988



RECOVERY
Ohio

OHIO'S VOICE FOR SUICIDE PREVENTION



Ohio Suicide
Prevention Foundation

THANK YOU



Daniel Bennett

✉ Daniel.bennett@OhioSPF.org

