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Contributing Factors to Mental Illness

Environmental

Substance Abuse

TBI

Genetic

Shame



Environmental
Substance Abuse
TBI
Genetic
Shame

Cancer
Family Loss
Accident
Heart Issue
Divorce
Abuse

Stigma

Denial

SHAME

Vulnerability







UNITED STATES



Crisis?

"Nothing matters; it's no use"

"If I wasn't around, no one would miss me"

"I won't be a problem for you much longer"

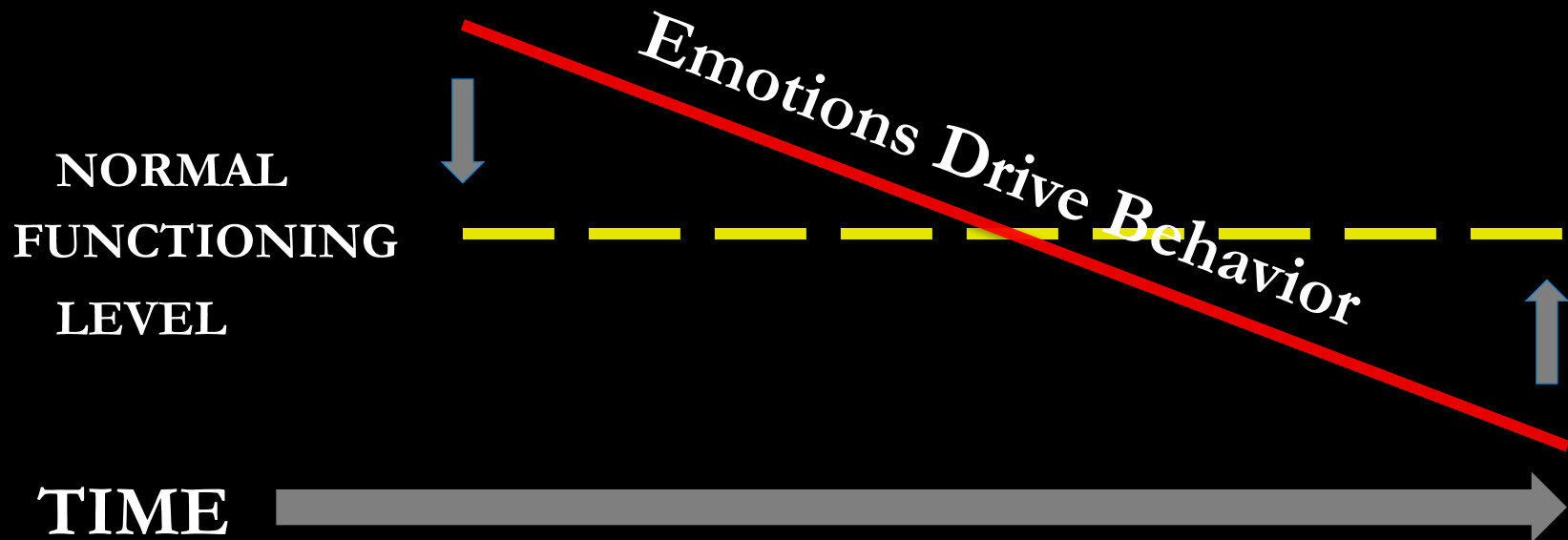
"If I killed myself, then people would be sorry"

"Everything is going to be fine soon"



Benefit of Time

$HE=LRT$



Damaging Phrases

“You should...”

“Calm down!”

“I understand”

“Things will get better”

Negotiations

The Objective = IBC

“Crisis State”/Coping mechanisms

Realize what can you control

Recognize survival responses

Negotiation Techniques

80/20 rule

Silence can be **Golden**

Survivor's: "I made a mistake"

Future plans

Third party intermediaries



Sample Questions

“Is it your life you want to end, or how your life is going that you want to end ?”

“Can you tell me about a happier time in your past? Why don't you think you can go back to that ?”

“You have so much to live for.”

“I’ve been through similar circumstances and I’m fine now.”

“Believe me, I know how you feel.”

AVOID

A large, fiery nuclear explosion with a bright white and yellow core, surrounded by orange and red flames, set against a dark background.

What
Ego
Destroys
Arrogance
Negotiations





Case Study









Lessons Learned

Observing “The Act”

After a suicide is witnessed

Speaking to family

Manager/Supervisor role

“The Price We Pay”



Cognitive

Behavioral

Emotional

Somatic

Spiritual

Warning Signs



Talk



Behavior



Mood



Location/List/Listen



Validations/Normalization/Gratitude



Toxic Positivity/Secrets/Assistance



Follow-Up

1: Warning signs a crisis may be forthcoming

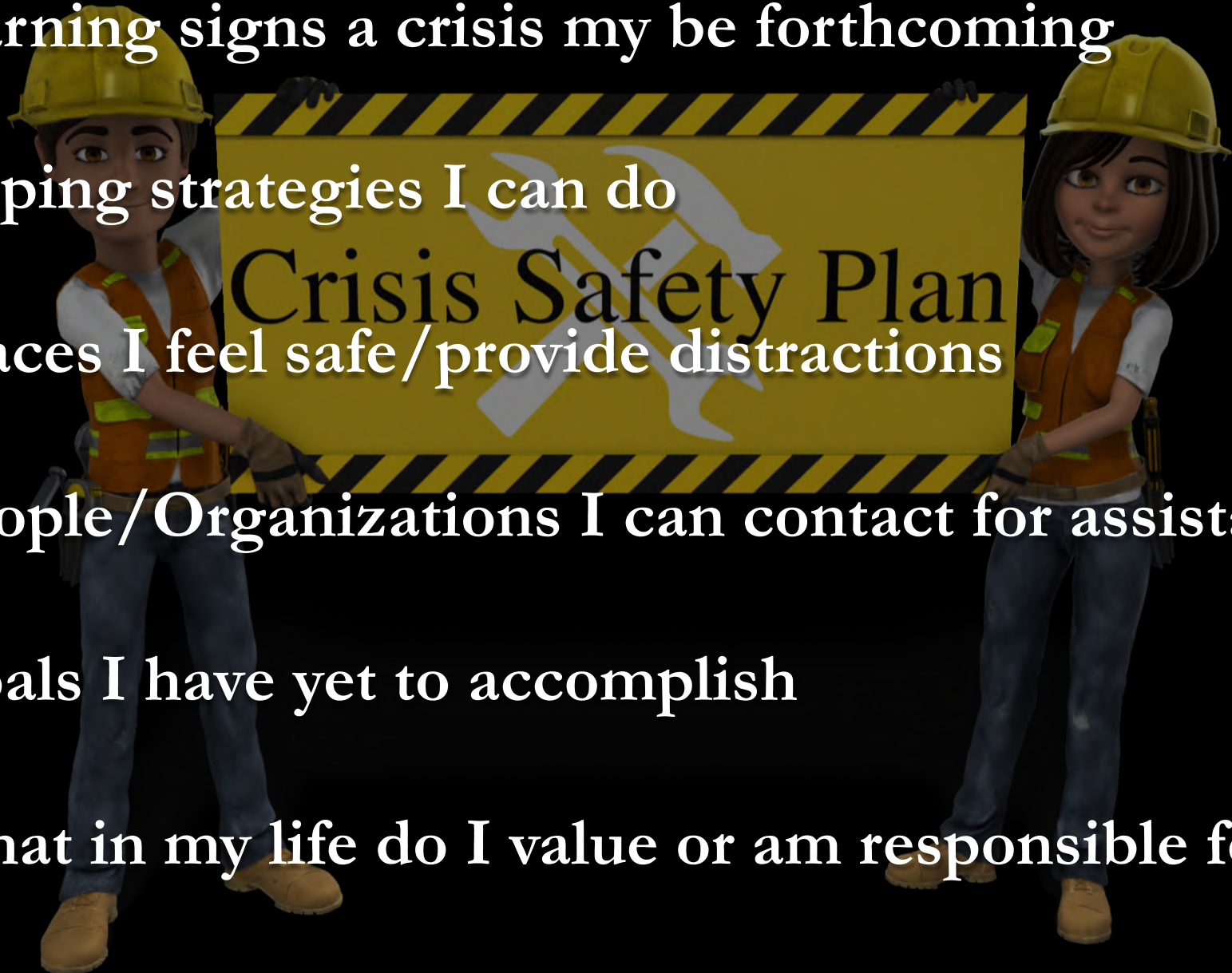
2: Coping strategies I can do

3: Places I feel safe/provide distractions

4: People/Organizations I can contact for assistance

5: Goals I have yet to accomplish

6: What in my life do I value or am responsible for



Suicidal Crisis and Time



Temperature



Intense Exercise



Paced Breathing







The background of the image is a wooden surface covered with numerous wooden blocks. Some blocks are arranged in a row to spell out the word 'RESOURCES'. Other blocks are scattered around, showing various letters and symbols like 'G', 'E', 'S', 'V', 'X', 'Y', and 'Z'.

988: Suicide & Crisis Lifeline

RESOURCES

Text “HOME” 741741: Crisis Text
Line

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