



health  chats  
**SUICIDE**  
**PREVENTION**



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## How We Can Prevent Suicide Together

- Reduce stigma, promote open dialogue
- Know the risk factors and warning signs
- Know what resources to turn to in times of crisis
- Seek mental health support early and as often as necessary



# COVID-19 & Mental Health

- > 40% of adults report at least one mental/behavioral health condition
- 31% report symptoms of anxiety or depression
- 1 out of 10 adults seriously considered suicide
  - 1 out of 4 people ages 18-24
  - 1 out of 5 Hispanics
  - 1 out of 5 Essential workers
  - 1 out of 3 Unpaid caregivers of adults



# Suicide Risk Factors

- Mental health condition
- Substance use disorders
- Social isolation
- Trauma/abuse
- Serious physical illness
- Previous suicide attempt
- Family history of suicide
- Job/Financial loss
- Relationship loss
- Access to lethal means



# Warning Signs

- Talking about dying
- Feelings of hopelessness
- Feelings of being trapped or burden
- Increase in substance use
- Changes in sleep
- Severe mood swings
- Agitation, impulsive behavior, rage
- Withdrawing





# Nationwide 24/7 Confidential Crisis Support

- Call National Suicide Prevention Lifeline at 1-800-273-8255 or use their online feature (<https://suicidepreventionlifeline.org/>)
- Crisis Text Line by texting HOME to 741741 (<https://www.crisistextline.org/>)
- If you feel that there is imminent danger to you or someone you care about, call 911 for immediate assistance



# Safety Plan

- Recognize personal warning signs
- List of your own coping strategies
- Personal contacts for distraction or support (friends, family)
- Professional contacts for support (counselors, providers, agencies, etc.)
- Ensure a safe environment
- *“The one thing that is most important to me and worth living for is...”*

For more information and template: <https://suicidepreventionlifeline.org/help-yourself/>



Patient Safety Plan Template	
<b>Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:</b>	
1.	_____
2.	_____
3.	_____
<b>Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):</b>	
1.	_____
2.	_____
3.	_____
<b>Step 3: People and social settings that provide distraction:</b>	
1. Name _____	Phone _____
2. Name _____	Phone _____
3. Place _____	4. Place _____
<b>Step 4: People whom I can ask for help:</b>	
1. Name _____	Phone _____
2. Name _____	Phone _____
3. Name _____	Phone _____
<b>Step 5: Professionals or agencies I can contact during a crisis:</b>	
1. Clinician Name _____	Phone _____
Clinician Pager or Emergency Contact # _____	
2. Clinician Name _____	Phone _____
Clinician Pager or Emergency Contact # _____	
3. Local Urgent Care Services _____	
Urgent Care Services Address _____	
Urgent Care Services Phone _____	
4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)	
<b>Step 6: Making the environment safe:</b>	
1.	_____



# UnitedAg Resources

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HEALTH

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HEALTH & WELLNESS CENTER  
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