



Resources and Conversation for Change

• Resources!!

• *Local Crisis Lines:*

- Chestnut Health Systems
 - [618-877-0316](tel:618-877-0316)
- Comprehensive Behavioral health Center
 - [618-482-7330](tel:618-482-7330)
- Centerstone
 - [618-465-4388](tel:618-465-4388)

• *State Resource:*

- CARESline: [1-800-345-9049](tel:1-800-345-9049)

• *National Resources*

- Crisis Text Line: [Text HOME to 741741](text:HOME to 741741)
 - Text with a trained Crisis Counselor
- National Suicide Prevention Lifeline: [Call 1-800-273-8255](tel:1-800-273-8255)
 - Online chat through their website: suicidepreventionlifeline.org/
- Deaf or Hard of Hearing – Deaf Line of Missouri (works everywhere though!): [800-761-4357](tel:800-761-4357) or text “hand” to [839863](tel:839863)





Disclosure

All speakers have no actual or potential conflict of interest in relation to this conference or presentation


Social Worker & Licensed Clinical Professional Counselors

OSF Healthcare is a licensed Social Worker continuing education sponsor by the State of Illinois

Continuing Education credits pending approval

(IL License #159.000855)






• MAKE A SAFETY PLAN •
• TEXT HOME TO 741-741 •
Impact
SUICIDE
• CALL 1-800-273-8255 •

How many tickles
does it take to
make an octopus
laugh?

Ten-Tickles!!



Nursing Continuing Education

OSF Healthcare (OH-353) is approved as a provider of nursing continuing professional development by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91)



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• The Perfect Storm: Secondary consequences of social distancing may increase the risk of suicide

Social Isolation: Social connections play a key role in suicide prevention

- Concern for how social isolation and loneliness may increase suicide risk
- Decreased Access to Community and Religious Support: The effects of closing churches and community centers may add to social isolation and potential risk for suicide

Barriers to Mental Health Treatment: Perception that MH services are not prioritized, fear of going to ED, lack of childcare

- Reduced access to MH services could negatively impact people experiencing thoughts of suicide

Economic Stress: employment, school closing, lack of childcare

- Existing research suggests that sustained economic stress could be associated with higher US suicide rates in the future

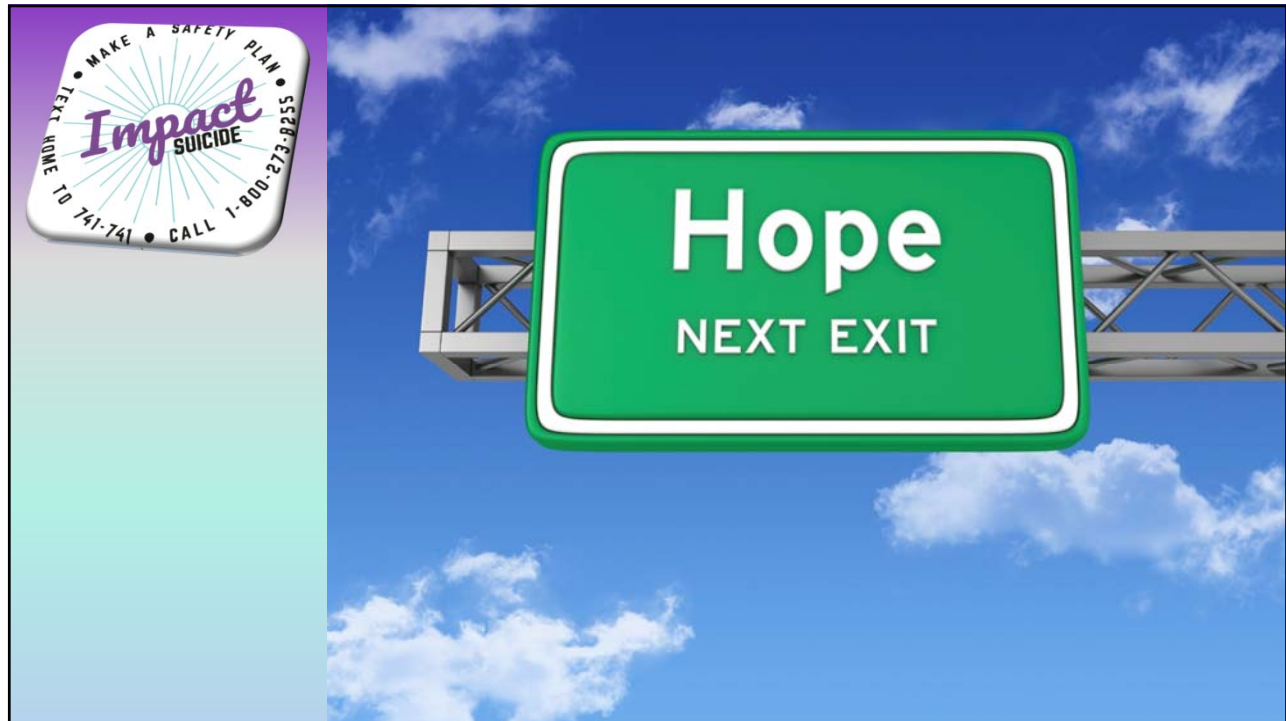
Exacerbation of physical health problems

Seasonal Variation in Rates

Effects of new coverage and national anxiety

Firearm Sales

Healthcare Professionals



Opportunities!

- Physical Distance, Not Social Distance
- Tele-Mental Health
- Increase Access to Mental Health Care
- Distance-Based Suicide Prevention
- Media Reporting

Silver Lining?

Suicide rates have declined in the period after past national disasters (9/11), Why? One hypothesis, "pulling together effect" whereby the shared experience might support one another, strengthening social connectedness

Epidemics and pandemics may also alter one's views on health and mortality, making life more precious, death more fearsome, and suicide less likely

Suicide Warning Signs

TALK

- Experiencing unbearable pain
- Killing themselves
- Being a burden to others
- Feeling trapped
- Having no reason to live

BEHAVIOR

- Increased use of alcohol or drugs
- Withdrawing from activities
- Isolating from friends & family
- Giving away prized possessions
- Sleeping too little or too much
- Looking for a way to kill themselves, such as searching online for materials or means
- Acting recklessly
- Visiting or calling people to say goodbye
- Aggression

MOOD

- Depression
- Loss of interest
- Irritability
- Anxiety
- Humiliation
- Rage



American Foundation for Suicide Prevention

afsp.org



Impact SUICIDE
MAKE A SAFETY PLAN • TEXT HOME TO 741-741 • CALL 1-800-273-8255

If you notice any of warning signs of suicide in anyone, you can help!

1. Ask if they are ok and if they are having thoughts of suicide
2. Express your concern about what you are observing in their behavior
3. Listen attentively and non-judgmentally
4. Reflect what they share and let them know they have been heard
5. Tell them they are not alone
6. Let them know there are treatments available that can help
7. If you are or they are concerned, guide them to additional professional help

Coping Activity!

- Let's talk self-care and happiness 😊
- Pick a number from 1-30
 - No need to share it, just pick any one number between 1 and 30



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

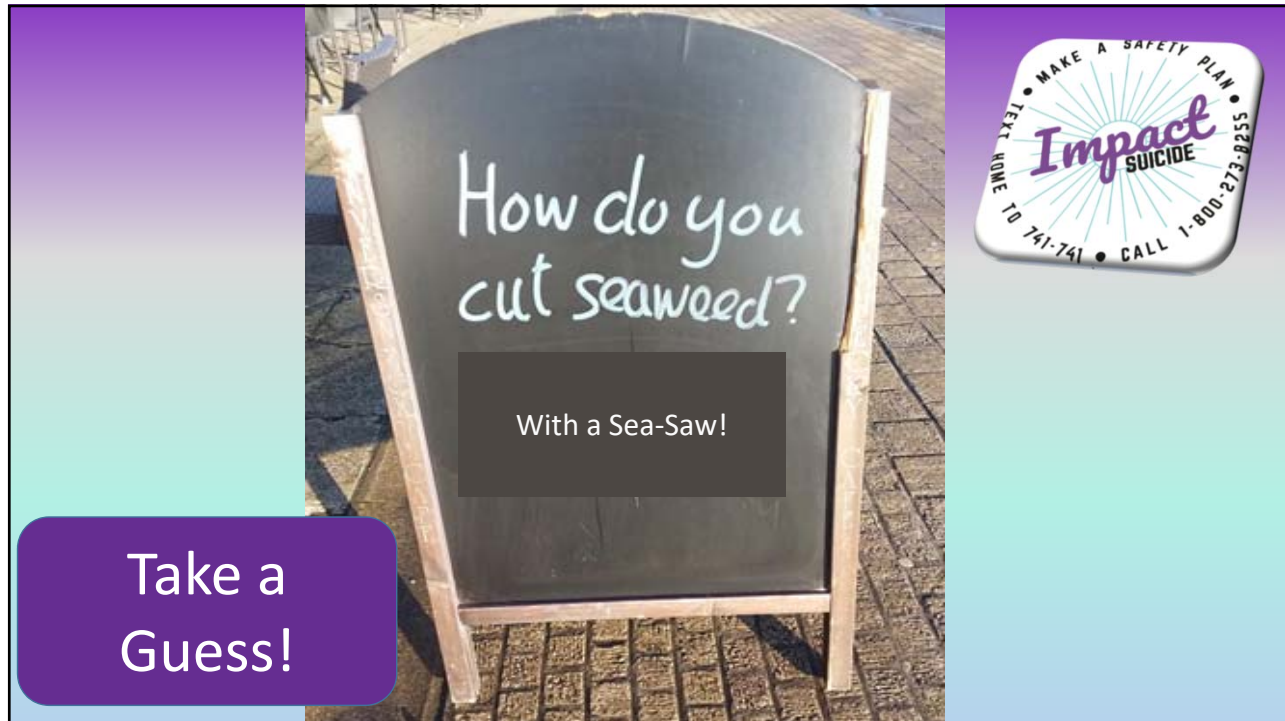
30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system	5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help
8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you	12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger
15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity	19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with
22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths	26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year
29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time					

ACTION FOR HAPPINESS

Find your number and consider if you'd be willing to put that info into action!!

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys



How do you cut seaweed?

With a Sea-Saw!

Take a Guess!


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Impact
SUICIDE

Cover of the song "1-800-273-8255" by Committee Member Aly Siglock
<https://www.youtube.com/watch?v=zb5r5PddFJs&feature=youtu.be>



MOVE **NOURISH** **CONNECT** **BE**



"When 'I' is replaced by 'WE' even
ILLNESS becomes WELLNESS."

-Malcolm X

Thank you for your Funding!



Thank you for the Support!



OSF® HEALTHCARE



OSF Behavioral & Mental Health offers support to adults, teens and children seeking diagnosis, short term treatment or long-term management of mental and emotional health issues.

OSF Saint Anthony's Health Center Psychological Services:

(618) 474.6240

*Specializing in Counseling,
Evaluation & Consultations*

SilverCloud - Secure online supported cognitive behavioral therapy programs

Behavioral Health Navigation

osfhealthcare.org/mental-health



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5110 West Main
Belleville, Illinois 62226
(618) 277-1800
info@myheartlinks.com



Providing services for grieving children, individuals and families.

A program of
FAMILY HOSPICE

Thank you for the Support!



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EDWARDSVILLE



Last Pieces!!

- If we didn't get to your questions – please submit those in the general evaluation – just be sure to include your contact info so we can follow-up 😊
 - General Evaluation - link shared in chat
- Please submit all feedback and CEU info no later than 5p on 9/14/20



Keep the Conversation Going!

- As a thank you to you all for attending – on the SIUE Website location for all handouts- you'll find a number of fun, but useful items that you can download, use, share, etc
 - Including the Zoom Background that some of us have used
 - Images used to promote helping resources to IMPACT Suicide
 - Link shared in CHAT

- Take Care and Stay Safe Out There!!



Panel Resources

- NAMI – Kris Gamm-Smith - [link to website](#)
- Illinois Warm Line - Trena Hedges – [link to website](#)
- Gift of Voice – AJ French – [link to website](#)
- Chestnut Health Systems – Julie Bruegger – [link to website](#)
- Centerstone – Jenna Farmer-Brackett – [link to website](#)
- Call for Help – the Living Room – John Wuest – [link to website](#)
- Comprehensive Behavioral Health Center – Sandra Collier

Resources Shared in Chat

- National NAMI Website <https://nami.org/Home>
- NAMI St Louis <https://www.namistl.org/>
- OSF Healthcare <https://www.osfhealthcare.org/mental-health/>
- Resources for Youth <http://thespot.wustl.edu/>
- NAMI DuPage <http://namidupage.org/resources/living-room/>
- McLean County Triage Center
<https://www.mcleancountyil.gov/1407/Triage-Center>