

Pain Isn't Always Obvious

**KNOW
THE SIGNS**

Suicide Is Preventable.org

Suicide Prevention Among Men

Presenter Info



WELLNESS - RECOVERY - RESILIENCE



Each Mind Matters

Each Mind Matters is California's Mental Health Movement.
We are millions of individuals and thousands of organizations working to advance mental health.



Suicide Prevention – Know the Signs

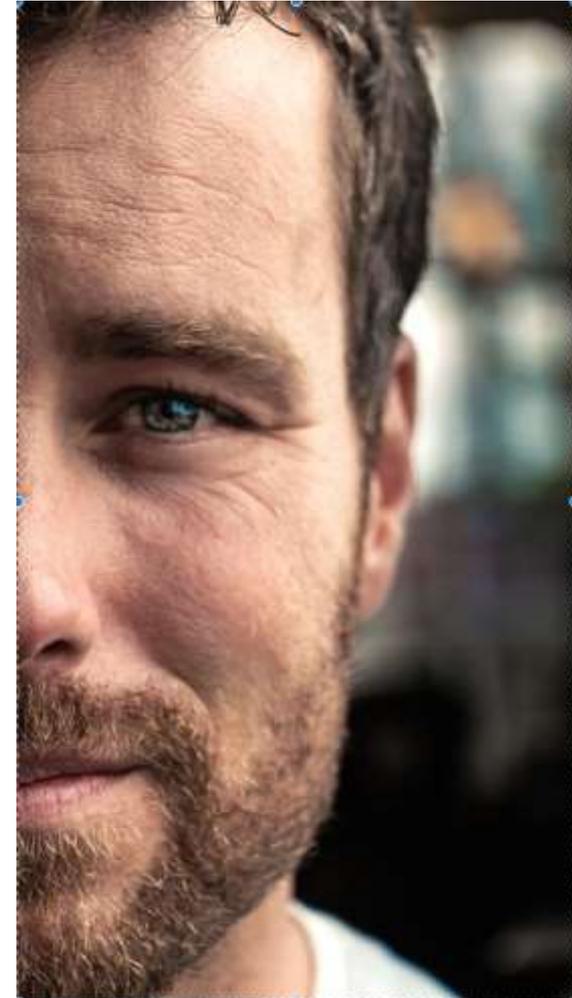
A statewide suicide prevention social marketing campaign with the overarching goal to increase Californians' capacity to prevent suicide by encouraging individuals to **know the signs, find the words** to talk to someone they are concerned about, and to **reach out** to resources.



suicideispreventable.org
elsuicidiodesprevenible.org

Why focus on Men?

- Men are at disproportionately high risk of suicide
 - Rates are rising among men in the middle years
- Warning signs of depression and suicide may be missed – or misinterpreted
- Men often use highly lethal means, such as firearms, in their attempts



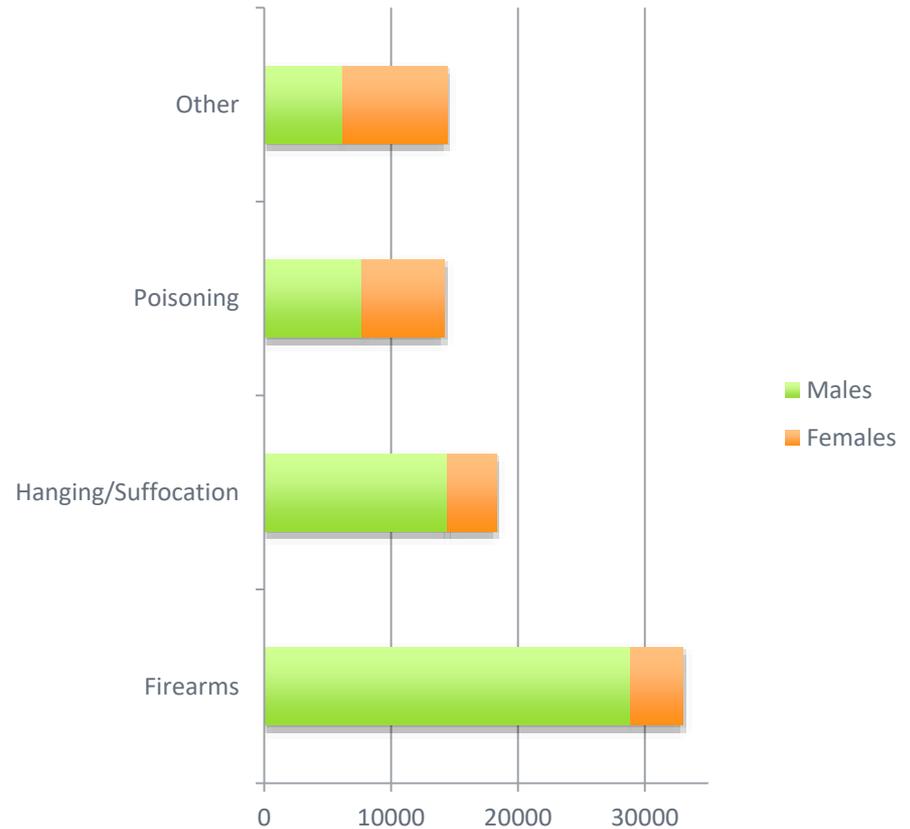
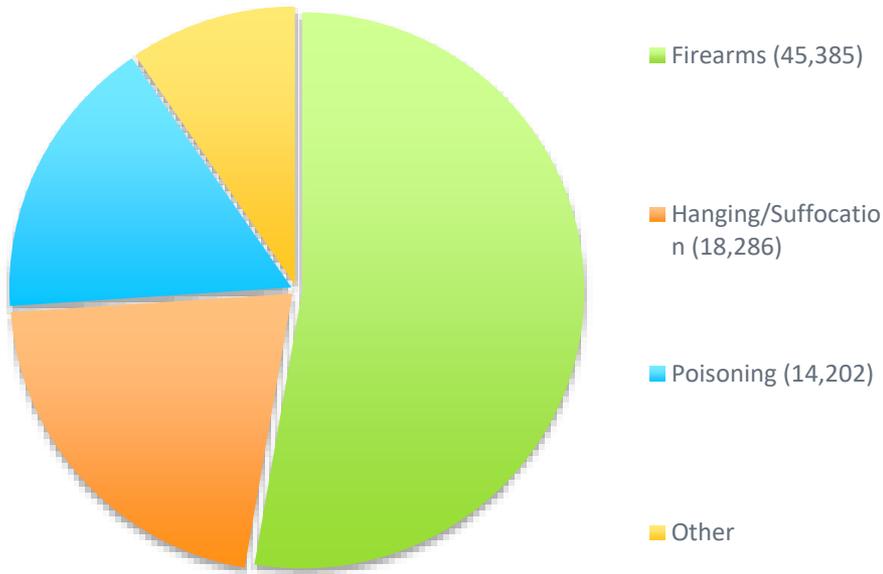
CA Data on Suicide Among Men

- From 1993-2013, 73,705 Californians died by suicide
 - 78% (57,176) of those who died were male
- In 2013, more than one-third of California men who died of suicide were between the ages of 45-64.
 - 70% of the men were White, followed by Hispanic (17%) and Asian/Pacific Islander (8%).



Means of Suicide

Means of Suicide, California, 1993-2013



Warning Signs and Risk Factors

Warning signs:

Specific behavioral or emotional clues that may indicate suicidal intent (“red flags”)

Risk factors:

Conditions or circumstances that may elevate a person’s risk for suicide

Critical Warning Signs

- Threatening to hurt or kill oneself, or talking of wanting to hurt or kill oneself
- Looking for ways to kill oneself (purchasing a gun, stockpiling pills, etc.)
- Talking or writing about death, dying, or suicide, when these actions are out of the ordinary for the person

These are especially concerning when the behavior is new, has increased, or seems related to a painful event , loss or change.

Additional Warning Signs for Men

- Feeling hopeless and/ or worthless; fear of becoming a burden.
- A preoccupation with death or a lack of concern about personal safety; recklessness.
- Feeling trapped, a sense of downward spiral and no way out
- Increasing use of substances, especially alcohol.
- Anger, irritability, resentment, seeking revenge
- Changes in sleep
- Withdrawal, isolation

Risk Factors Among Men

- Depression or disrupted mood
- History of suicidal behavior or thinking
- Alcohol use disorders, intoxication
- Access to firearms
- Chronic or acute illness or disability
- Financial stressors both immediate (job loss, lay-offs) and/or ongoing (low income, low status occupation)



Risk Factors Among Men (cont'd)

- Intimate partner problems (custody disputes, divorce, breakups, separation, intimate partner violence)
- Criminal justice involvement (arrest, incarceration, court cases, probation)
- At least one, and often many, life stressors that add up to a feeling of being overwhelmed, unable to turn things around.

Sociocultural Risk Factors Among Men



- Men are often socialized to embody values such as strength, toughness, and being a good provider and protector of family and property
- Unhelpful conceptions of masculinity can become a barrier to help
- Their behavior and thinking may be easily misinterpreted
 - Family and friends might miss signs that “didn't look like depression”.

🎗️ What Might Depression Look Like in Men?

- Disrupted mood (anger, irritability, changes in sleep and appetite, negative perception of life events)
- Social isolation and coping strategies centered around avoidance (self-medicating, pushing people away, risk-taking)
- Physical symptoms such as sleep issues, fatigue, and chronic pain





Protective Factors for Men

Factors that may make it LESS likely that a person will consider, attempt, or die by suicide

- Access to effective health and behavioral health care
- Social connectedness and emotional support
- Constructive coping and problem solving skills
- Reasons for living and sense of purpose



Preventing Suicide in Men

- In a crisis, put as much separation between the individual and highly lethal means as possible.
- Encourage connection with social supports and services that can reduce the burden of life problems.
- Promote resiliency and enhance problem solving and coping skills.
 - Understand how depression and suicidality show up in men
- Support boys and young men to feel more comfortable with their feelings and to reach out when needed.
- Encourage men to act as supports and role models.



Keys to Prevention

- Employ strategies to reduce access to lethal agents during a crisis
 - Firearms, substances
- Engage traditional AND non-traditional partners
 - Recreation, workplace, health care
- Providers and families understand the signs and symptoms of depression and suicidality for men



How to Start the Conversation

There are many ways to have a discussion with someone you are concerned about:



- Ask directly about suicide if warning signs are present.

Here are some suggestions for starting the conversation.





Some questions to start the conversation

- Sometimes, people in your situation lose hope. I'm wondering if you may have lost hope, too?
- Have you ever thought things would be better if you were dead?
- With this much stress, have you ever thought of hurting yourself?

Crisis Support Resources

Suicide Prevention Lifeline

24/7 hotline, plus chat services
www.suicidepreventionlifeline.org

National Suicide Prevention Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-273-8255



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FRIENDSHIP LINE

"Give sorrow words: the grief that does not speak whispers the o'er-fraught heart and bids it break."
- William Shakespeare

For older men: **Friendship Line** (Institute on Aging):
(800) 971-0016
www.ioaging.org

Each Mind Matters Resources

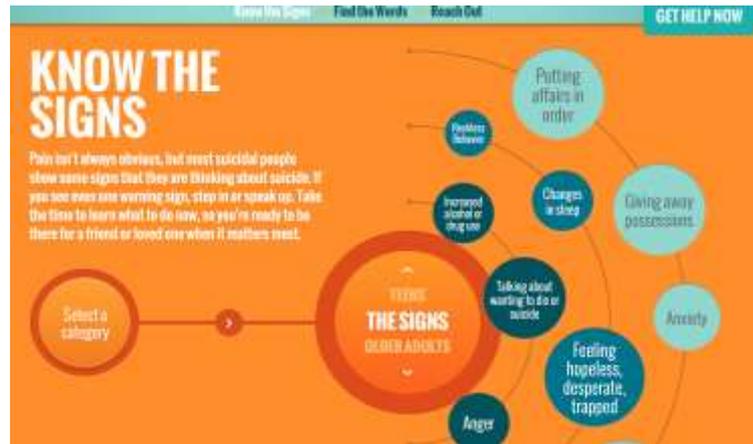
Each Mind Matters

A wide range of suicide prevention resources are available in the Each Mind Matters Resource Center:

www.EMMResourceCenter.org



www.elsuicidioesprevenible.org



www.SuicideisPreventable.org

Educational Campaigns



San Diego: It'sUPtoUS

- <http://up2sd.org/men/>



Colorado: Man Therapy

- <http://mantherapy.org>

Lethal Means Resources



Online training for Counseling on Access to Lethal Means : <http://training.sprc.org/>

Harvard School of Public Health Means Matter campaign:

<https://www.hsph.harvard.edu/means-matter/>

Information on California Gun Violence Restraining Orders: www.SpeakforSafety.org



 Thank You

Presenter Info

