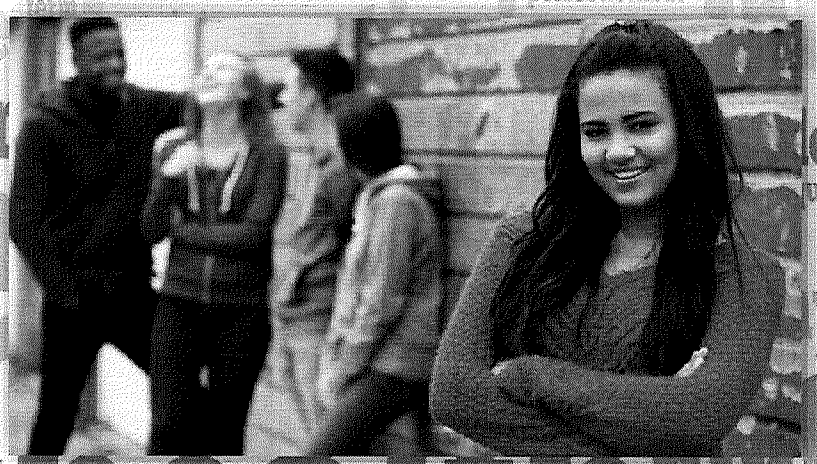
What is Mental Health?



MENTAL HEALTH is the ability to identify, manage, and regulate complex emotions.

Mental Health Definition

"Mental health is a state of "well-being" in which an individual

- realizes his/her own abilities,
- can cope with normal stresses of life,
- can work productively and
- is able to make contributions to his/her community.

In this positive sense, mental health is the foundation for individual well-being and the effective function of a community." World Health Organization

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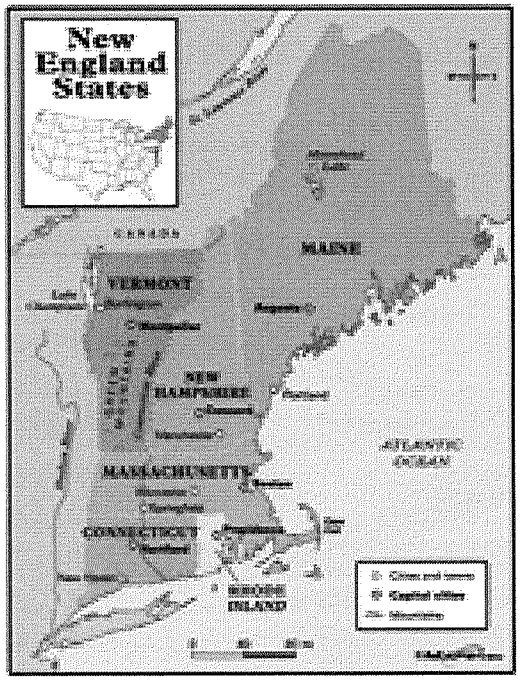
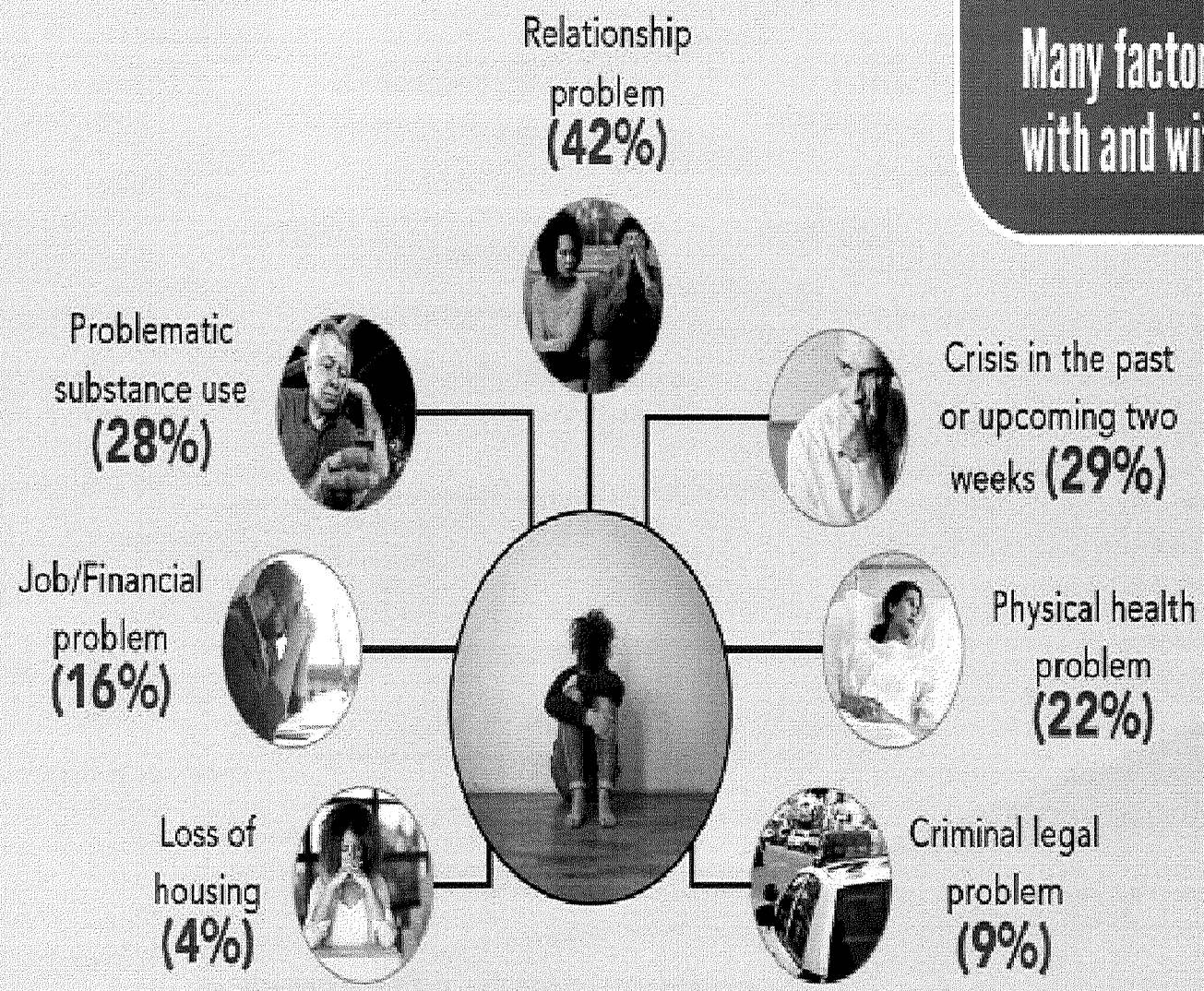
How we compare....

- CDC: Suicide rates rose across the US from 1999 to 2016. National rates rose 25.4% https://www.cdc.gov/vitalsigns/suicide/infographic.html

- NE Rates:
- 1. VT 48.6% increase
- 2. NH 48.3% increase
- 3. MA 35.3 % increase
- 4. R.I. 34.1% increase
- 5. CT 19.2% increase



Many factors contribute to suicide among those with and without known mental health conditions.



Note: Persons who died by suicide may have had multiple circumstances. Data on mental health conditions and other factors are from coroner/medical examiner and law enforcement reports. It is possible that mental health conditions or other circumstances could have been present and not diagnosed, known, or reported.

SOURCE: *CDC's National Violent Death Reporting System, data from 27 states participating in 2015.*

Risk Factors + Warning Signs

Characteristics or conditions that increase a person's chances of developing ***dis-ease***: physical, mental, emotional, social or environmental.

They are not predictors of suicide but always increase someone's need for support.

When **risk factors** accumulate
AND they are coupled with
warning signs
then we need to take
immediate action.

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Substance use is often part of Suicide

- Those who have a **substance use disorder** *are* **10X at greater risk** to attempt suicide.

- Alcohol is present in **30-40%** of suicides and suicide attempts.

https://store.samhsa.gov/shin/content/SMA09-4381/TIP50.pdf

- Rate of planning and attempting suicide **increase in tandem** with increased use of **marijuana** (VDH, Marijuana use in VT, 2015)

- Youth who report **abusing prescription meds** (including opioids) have a **higher rate of suicidal thinking** (CDC YRBS 2018)

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Warning Signs

"You will be better off without me."

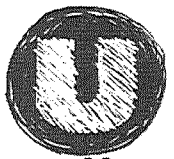
"I'm so tired of it all."

"What's the point of living?"

"Who cares if I'm dead, anyway?"

Look out for:

- Increased substance use
- Abandonment of activities or relationships
- Unnecessary risk-taking
- Anger or hostility
- Neglect of personal appearance
- Severe mood swings
- Difficulty concentrating
- Persistent feelings of failure



Warning Signs

Immediate Concerns

- Threatening suicide or expressing the wish to die
- Seeking access to lethal means (guns, meds, rope, alcohol, cars)
- Writing, drawing, talking about death
- Giving away prized possessions
- Feeling "beyond hope"
- Expressing hopelessness about the future

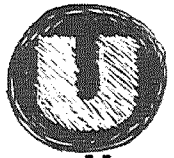
"I wish I were dead"

"I'm going to end it all"

"If [XYZ] doesn't happen, I'll kill myself"

"I believe in suicide"

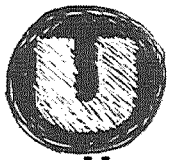
"I won't need this anymore."



Summary

C|H|L
CENTER FOR HEALTH AND LEARNING
HEALTHY LIVING MATTERS

- ★ Suicide is preventable
- ★ No one factor is responsible for suicide
- ★ Mental illness and substance abuse are both risk factors for suicide
- ★ Become confident in using the 3 step model of intervention.
- ★ Never leave a suicidal person alone
- ★ Know the resources in your community and your professional prevention and postvention protocols



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Need help?

- Talk to a family member, friend, health care provider or faith leader
- Call your local mental health agency or crisis team
- Text the National Text Line: Home to 741741

  Some states have contracts with the national text line and provide their own text. In VT that is Text VT to 741741
- Call the National Suicide Prevention Lifeline: 800-273-TALK (8255)

Resources for help can be found at:

www.sprc.org *www.vtspc.org*

CRISIS TEXT LINE

Text VT to 741741

Free 24/7, Confidential

NATIONAL SUICIDE PREVENTION LIFELINE™

1-800-273-TALK

www.suicidepreventionlifeline.org

THE TREVOR PROJECT

LGBTQ CRISIS HOTLINE

CALL 1-866-488-7386

Veterans Crisis Line

1-800-273-8255 PRESS 1