

While we wait to get started...

Please take a moment to enter some brief comments into the chat.

Tell us by way of the chat:

Something good that happened to me this week is.....

I am here today because.....



Mental Health Champions: Suicide & Loss

Life matters Mental Health Committee

Warning

Warning: *the contents of this presentation includes strong mental health themes of loss and suicide. If any of this content triggers a reaction in you, you are encouraged to take a break or step out of this training session altogether. Remember the Worley Mental Health network is here to provide you with support. Email mentalhealth@worley.com for more details.*

Agenda

- Section 1: Overview & introductions
- Section 2: Suicide
- Section 3: Discussion and Q&A

This is not a therapy session – but we want everyone to participate fully

- The conversations can get real and raw, and that's OK
- This could bring up triggers or memories, that's OK too
- The sessions will not be recorded, as these conversations are confidential: what is said in the room stays in the room
- One conversation at a time
- Be respectful of others in the room
- It is OK to leave the room and take a break if you need to
- It's OK if you don't want to share
- Turn off mobile phones/electronic devices



Ground
rules

Purpose of our Session

EDUCATE

Provide you with a baseline knowledge of some mental health conditions and techniques to deal with them



PROMOTE

Discussion and networking, an opportunity to share experiences, ask questions and grow your network



SUPPORT

You as a Mental Health Champion as you support our people



Our check in with you...

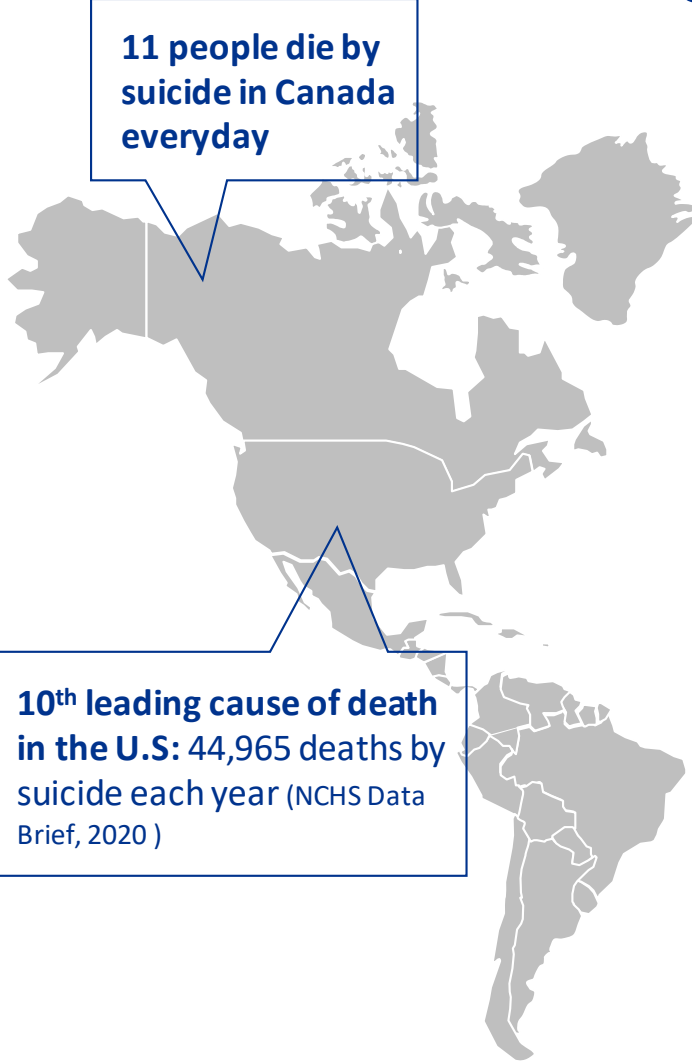
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Educate

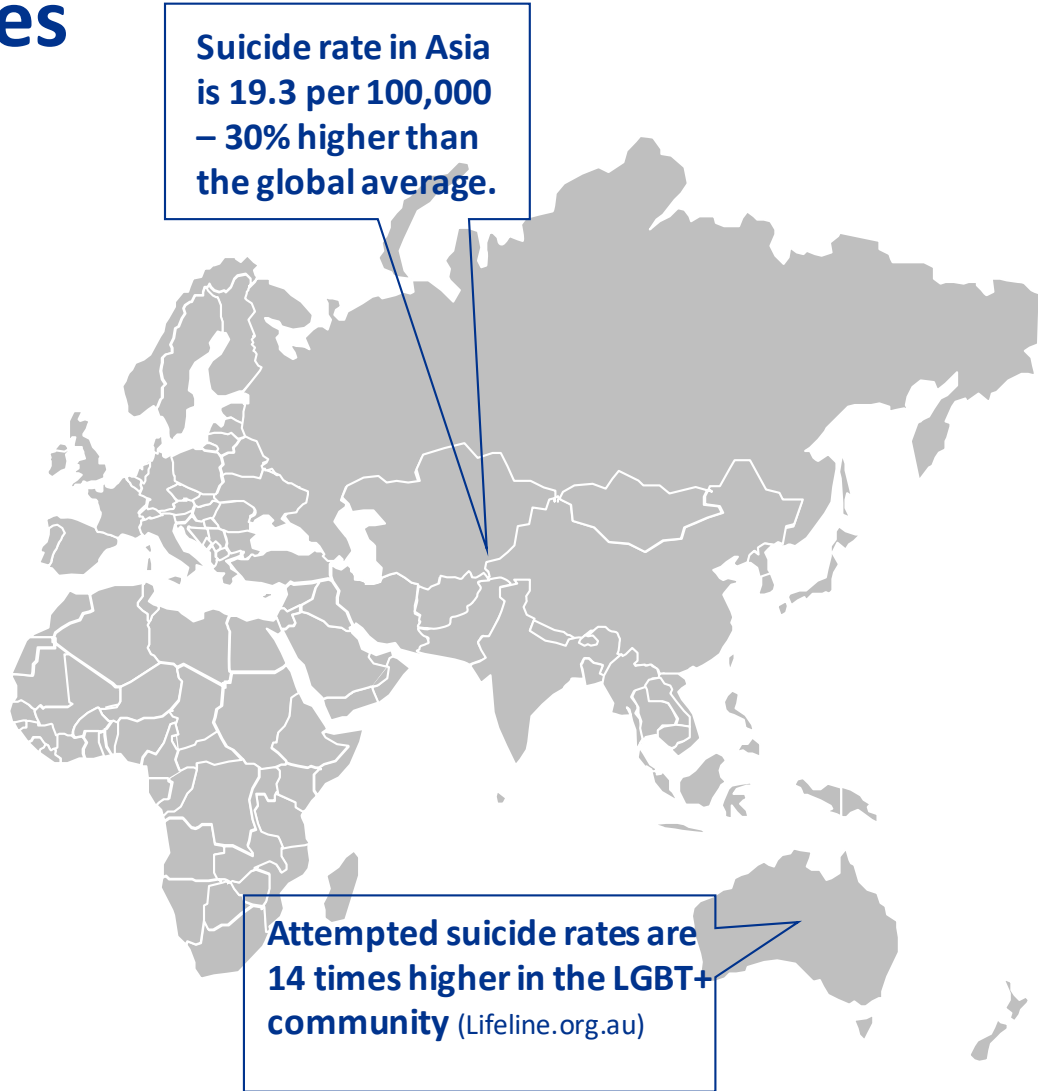


Suicide: Facts & Figures



11 people die by suicide in Canada everyday

10th leading cause of death in the U.S: 44,965 deaths by suicide each year (NCHS Data Brief, 2020)



Suicide rate in Asia is 19.3 per 100,000 – 30% higher than the global average.

Attempted suicide rates are 14 times higher in the LGBT+ community (Lifeline.org.au)

For each life lost to suicide, the impacts are felt by up to 135 people (Lifeline.org.au)

Estimated 20 attempts for every death by suicide (World Health Organization, 2020)

Globally, the suicide rate for men is twice as high as for women (Ourworldindata.org)

Approx. 800,000 people die by suicide each year across the world: that's one person every 40 seconds (Ourworldindata.org)

2nd leading cause of death for people aged 15-29 (World Health Organization, 2016)

These are real people, not just numbers.

Warning Signs

Behavioural Changes

Often talking about death

Expressing feelings of worthlessness or having no purpose

Withdrawal from friends and family

Reckless behaviour

Dramatic mood changes

Increased alcohol or drug misuse

Acquiring means to commit suicide

Putting affairs into order

Changes in sleeping habits – too much or little

Risk Factors

Prior exposure to suicide

Prior suicide attempt

Substance misuse

Mood disorders (e.g. depression, bipolar disorder)

Chronic Illness

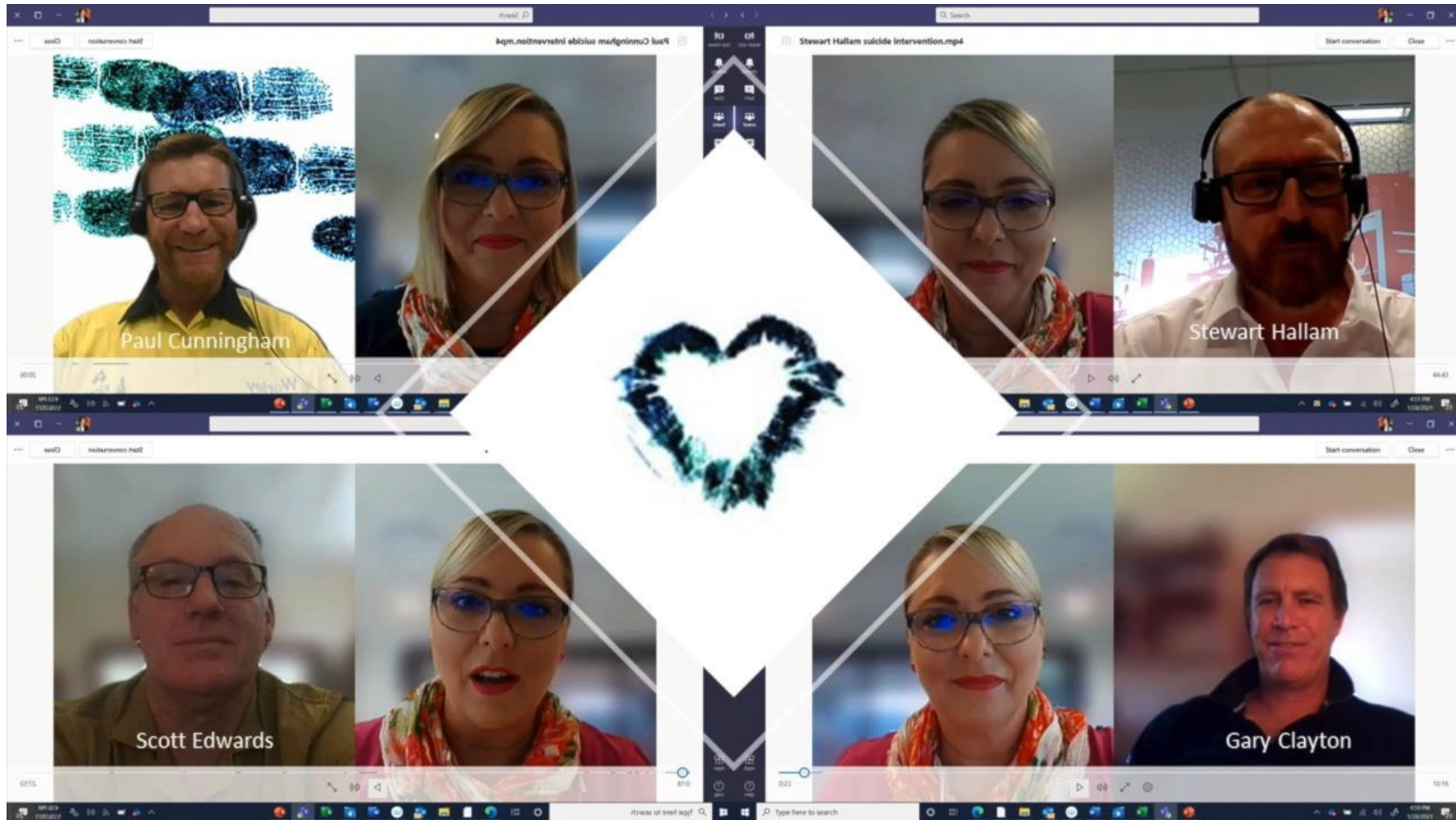
History of trauma

Significant life events (e.g. death, break-up of a relationship)

Access to lethal means

Isolation

The impact of suicide



Support



What to do if someone talks about suicide

Don't be afraid to discuss suicide - asking about suicidal thoughts does not give people ideas that they don't have already.

If someone admits to thoughts of suicide, continue listening, use LAER and use CPR to assess level of risk

Current plan

Prior exposure to Suicide

Resources

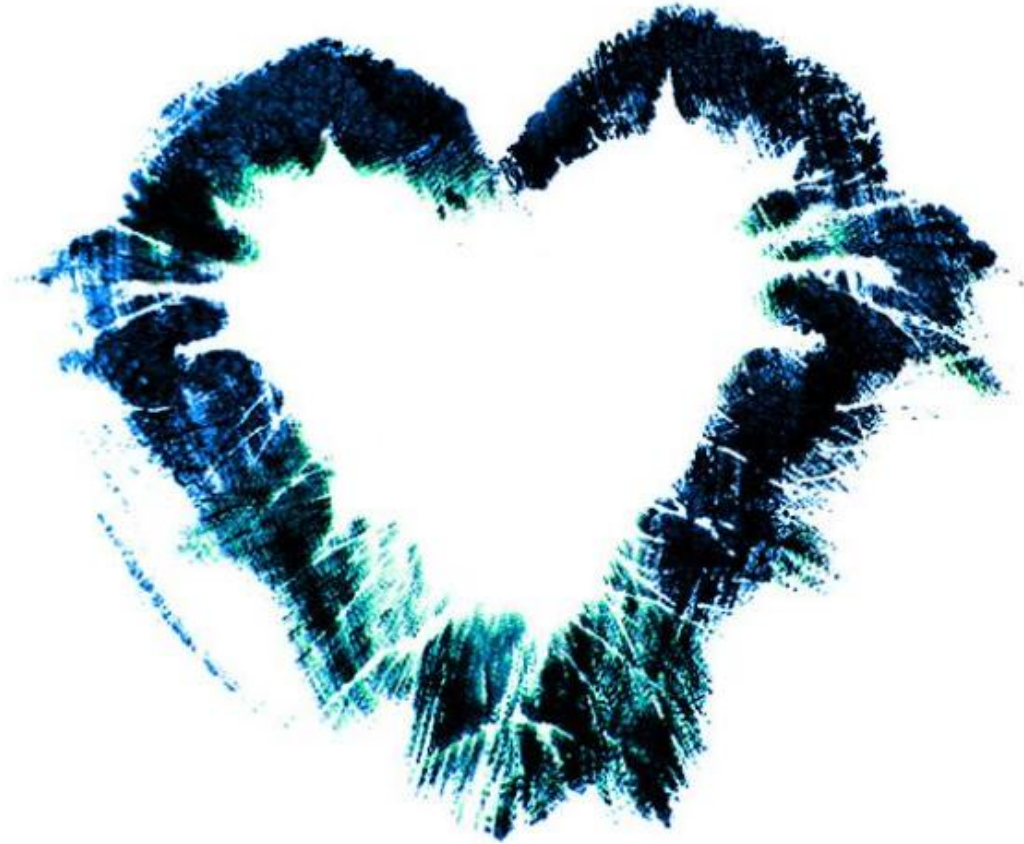
(Austin, W. & Boyd, M. (2010). *Psychiatric nursing for Canadian practice*. Philadelphia: Lippincott Williams & Wilkins)

If a person is at high risk of suicide seek immediate professional help

– **Call emergency services**

Promote

Discussion and next steps



Next steps

EDUCATE

- Continue your learning by using the resources on the next slide
- Understand the issue in your own location – what are the suicide facts and figures where you are? Who is most at risk?

PROMOTE

- Don't be afraid to talk about suicide, to help normalise it
- Direct those in need to our EAP service. If an emergency, call your emergency service



SUPPORT

- Offer an empathetic ear to those around you
- Practice LAER, offer to partner with another MH Champion to practice together!



Try and stay positive

We know the session you've just been through was tough. It was meant to raise some hard questions and give us all pause for thought.

It is important that although this material was hard, we take forward a positive; that we are all better educated on this than we were an hour ago, which means we are in a better position to help someone in distress.

We want to try and help you stay positive, after this session. We asked you earlier for some positive experiences and statements and want to take this opportunity to remind you of what you said.

If you are struggling with any of the material or content, please reach out to your local Mental Health network or to us at mentalhealth@worley.com. Don't stay silent.

Your positive feedback

Worley
energy | chemicals | resources

You're still here?



Resources

- Kevin Hines - I jumped off the Golden Gate Bridge
- <https://www.beyondblue.org.au/the-facts/suicide-prevention/after-a-suicide-loss/supporting-someone-after-a-suicide-loss>
- <https://www.self.com/story/help-friend-suicide-loss-survivor>
- ZSA Zero Suicide Alliance training