

Suicide Talk;

A Conversation to Create Awareness

Presented by:

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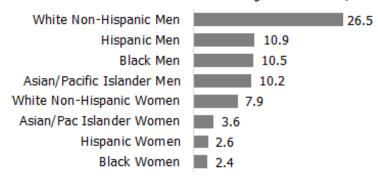
SUICIDE: FLORIDA 2017 FACTS & FIGURES Suicide Death Rates Suicide cost Florida a total of \$2,841,739,000 of combined lifetime medical Rate per 100,000 and work loss cost in 2010, or an average of \$1,018,910 per suicide death. IN FLORIDA, SUICIDE IS THE ... Nationally 44.193 cause of death for ages 10-24 On average, one person dies by suicide every 8th leading 16th leading 5th leading three hours cause of death for ages 45-54 cause of death for ages 55-64 cause of death for ages 65 & older in the state. Suicide is the 8th leading More than twice as many people die cause of death by suicide in Florida annually than by

overall in Florida.

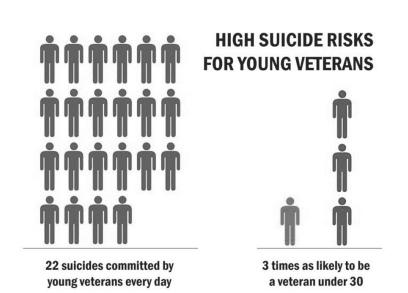
NOTES:

2016 Suicide Rates By Demographic Group

homicide; the total deaths to suicide reflect a total of 52,057 years of potential life lost (YPLL) before age 65.

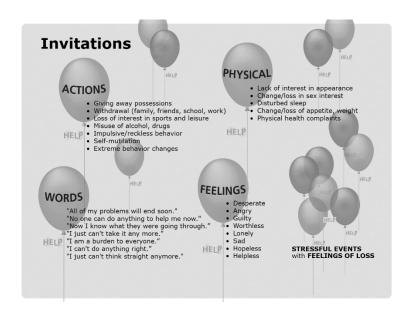


Figures are age-adjusted rates per 100,000 population SOURCE: NCHS Vital Statistics System



NOTES:

Warning signs are invitations; How will you RSVP?



Asking the question of suicide:

- Clear and direct
- Reduces risk
- Provides permission to answer honestly

When someone is [INVITATIONS], they are sometimes thinking about suicide. Are you thinking about suicide?

Coping Skills:

Coping skills are methods a person uses to deal with stressful situations. Obtaining and maintaining good coping skills does take practice. However, utilizing these skills becomes easier over time. Most importantly, good coping skills make for good mental health wellness.

Exercise and Mental Health

https://neurosciencenews.com/exercise-mental-health-14069/?fbclid=IwAR15QI4T36kkyIP4Er6Tpa9mO18fdApC3zUaCm2sJyIV itND6I7t-duijk

http://challengethestorm.org/the-mental-health-benefits-of-spending-time-outdoors/

Resources:

Lesbian Gay Bisexual Transgender or Questioning Youth (LGBTQ) call The Trevor Hotline toll-free 1-866-488-7386 Trevor Project - Text START to 678678

https://www.sprc.org/states/florida

https://fisponline.org/programs/education/info-links/

suicidepreventionlifeline.org

Your top 3	
	National text line Text TALK 741741

THANK YOU FOR WHAT YOU DO!

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