

Steve Sisolak
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Department of Health and
Human Services

How to Talk to Your Child About Suicide

May 4th, 2022

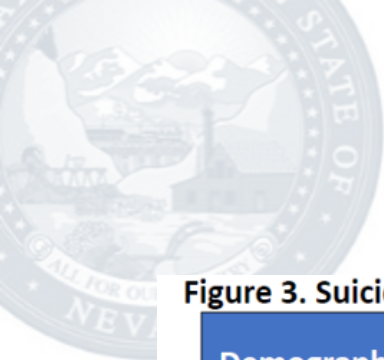
Division of Public and Behavioral Health
Office of Suicide Prevention

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5/18/22

Helping people. It's who we are and what we do.



Youth Suicide Demographics

Figure 3. Suicide Demographics by Age Group, 2017-2020 Combined.

Demographics	10-17		18-24		Total	
	N	%	N	%	N	%
Total	77	100.0%	228	100.0%	305	100.0%
2017	16	20.8%	62	27.2%	78	25.6%
2018	28	36.4%	51	22.4%	79	25.9%
2019	16	20.8%	53	23.2%	69	22.6%
2020	17	22.1%	62	27.2%	79	25.9%
Sex						
Male	58	75.3%	185	81.1%	243	79.7%
Female	19	24.7%	43	18.9%	62	20.3%
Race/Ethnicity						
White non-Hispanic	36	46.8%	117	51.3%	153	50.2%
Black non-Hispanic	8	10.4%	22	9.6%	30	9.8%
Native American/Alaskan Native non-Hispanic	0	0.0%	3	1.3%	3	1.0%
Asian/Pacific Islander non-Hispanic	8	10.4%	23	10.1%	31	10.2%
Hispanic	22	28.6%	61	26.8%	83	27.2%
Other/Unknown	3	3.9%	2	0.9%	5	1.6%

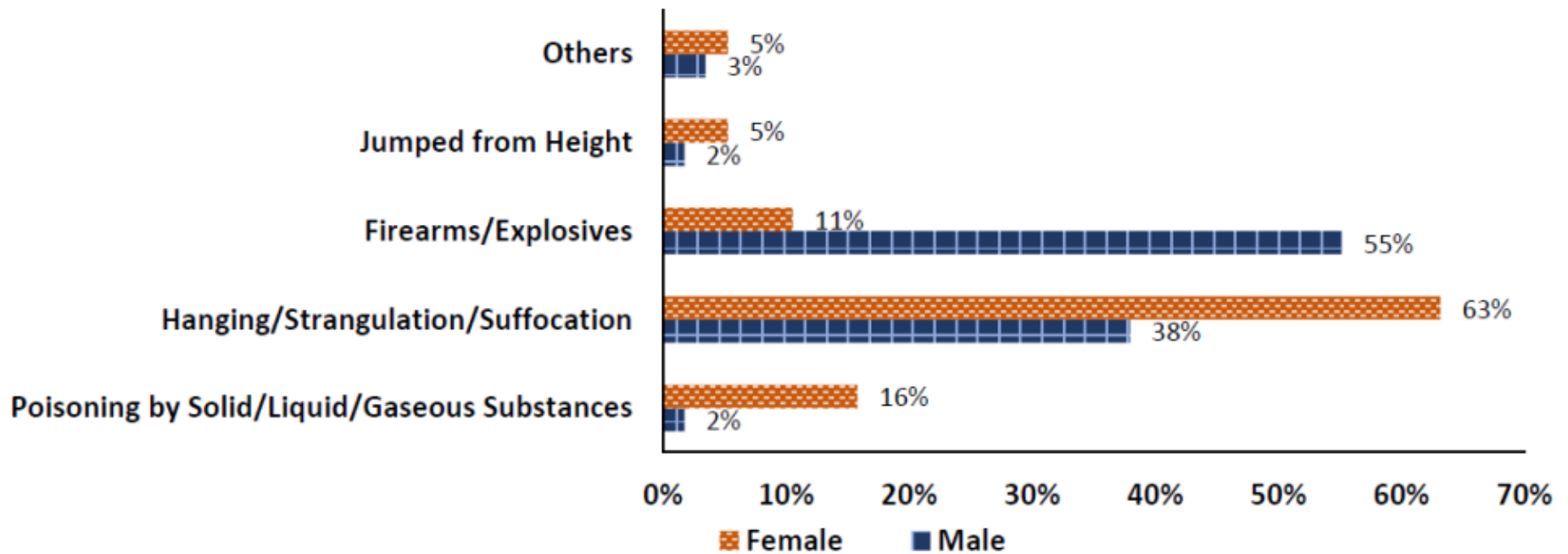
Department of Health and Human Services. Office of Analytics. Youth Suicide: Behaviors and Circumstances Nevada, 2020, February 2022.





Method of Suicide

Figure 4a. Method of Suicide by Sex and Age Group (10-17), 2017-2020 Combined.



Source: Nevada Electronic Death Registry.



Sexual Orientation and Gender Identity (SOGI)

- The Trevor Project estimates that more than **1.8 million LGBTQ youth** (13-24) seriously consider suicide each year in the U.S. — and at least one attempts suicide **every 45 seconds**.
- LGBTQ youth are **more than four times as likely** to attempt suicide than their peers (Johns et al., 2019; Johns et al., 2020).
- The Trevor Project's 2021 National Survey on LGBTQ Youth Mental Health found that **42% of LGBTQ youth** seriously considered attempting suicide in the past year, including **more than half of transgender and nonbinary youth**.
- **African American, Latino, Native American, and Asian American** people who are lesbian, gay, or bisexual attempt suicide at especially high rates.
- **41% of trans adults** said they had attempted suicide, in one study. The same study found that 61% of trans people who were victims of physical assault had attempted suicide.
- **Lesbian, gay, and bisexual** young people who come from families that reject or do not accept them are over 8.4 more likely to attempt suicide than those whose families accept them.
- **Each time an LGBTQ person** is a victim of physical or verbal harassment or abuse, they become 2.5x more likely to hurt themselves.





Risk Factors



A highly stressful life event such as losing someone close, financial loss, or trouble with the law



Prolonged stress due to adversities such as unemployment, serious relationship conflict, harassment or bullying



Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide (contagion)



Access to lethal methods of suicide during a time of increased risk



Substance use disorder, mental illness or other illness



Warning Signs of Suicide

Changes in a person's behavior, feelings, and beliefs about oneself for a period of two weeks or longer that are **maladaptive** or out-of-character for the individual

You can't always see pain.



You can help save a life by recognizing the signs and starting the conversation.
Suicide is preventable.





Bullying, Social Media and Suicide

- 6.2 million teenagers reported getting bullied online in 2017.
- While there is not one cause for suicide, bullying can lead to low self-esteem, loneliness, and depression. These factors can drive a teen to think about suicide to escape the pain.
- Bullying and harassment in all forms is unacceptable. Many teenagers think nothing can be done to stop this behavior, but they are wrong. Encourage teens and young adults to report harassment and bullying on social media and in person.
- Safe Voice is a Nevada program that works with our schools, law enforcement and other agencies to ensure a healthy, safe community, especially in our schools. Anonymous tips can be made online or through the app to report threats to others or to oneself. This is a great resource for online bullying as they will open an investigation to determine how to handle the bullying and harassment. More information can be found at [Safe Voice Nevada \(safevoicenv.org\)](https://safevoicenv.org)





Tips for Parents

- As a parent, you can teach and model healthy habits for mental health and technology use
- How you approach your own challenges and learn for your own mistakes can demonstrate resilience.
- Check in with your child regularly, beyond just day-to-day tasks such as homework. Invite deeper conversations.
- If your child has a history of depression, anxiety, suicidal thoughts, self-harm or substance use, you should monitor them more closely, and consider involving a professional.





Tips for Parents

- Don't be afraid to have a conversation with your child about mental health and suicide. Ask your child how they're doing, what's happening in their world these days, and what their concerns are. It can start simply by asking, "Are you okay?"
- Listen intently and without judgment.
- Validate and support their feelings.
- You can say, "It sounds like you've been dealing with a lot lately. Does it ever get so tough that you think about ending your life?"

Source: afsp.org





Intervention Steps....

GET HELP!

Do Not Leave the Person Alone



In an acute crisis, **call 9-1-1**.
Do not leave the individual alone.

1-800-273-TALK (8255)

National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org





Resources for People at Risk for Suicide

- Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Immediate Mental Health Rural CARE Team: 877-283-2437
- Veterans Crisis Line: 1-800-273-TALK (8255), press 1
- Emergency services, 9-1-1, local hospitals
- MOST Team Non-emergency dispatch 775-334-2677
- Problem Gamblers HelpLine: 1-800-522-4700
- VA Healthcare System: 1-888-838-6256
- Mobile Crisis (youth)—SN/Rural: 702-486-7865 NN: 775-688-1670
- The Trevor Lifeline: 1-866-488-7386
- Reno Behavioral Healthcare Hospital 775-393-2249
- Telemedicine: Counseling programs, private therapist





NAMI Western Nevada Warmline and Caring Contacts

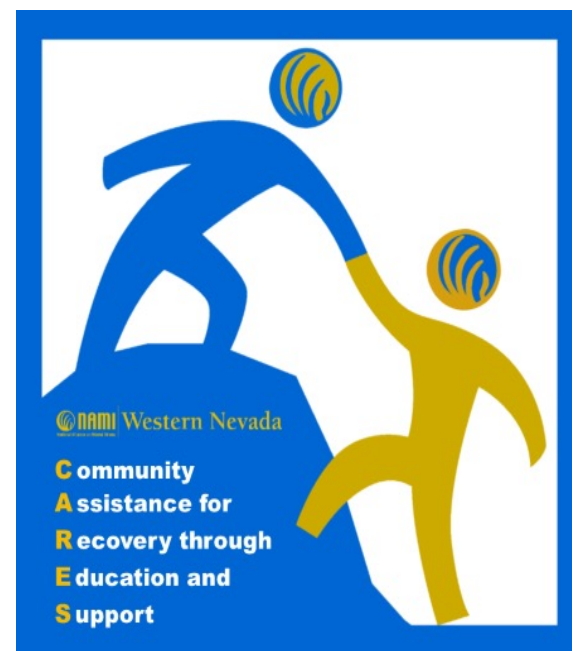
The Warmline is a stigma-free, non-crisis, phone service you can call or text at [775-241-4212](tel:775-241-4212) to speak one-on-one with a NAMI WNV CARES operator. The Warmline is staffed by trained peers in recovery, who provide support to peers by telephone.

Nevada Caring Contacts

- Fills the gaps between identification and follow-up
- Supplements traditional mental health services ages 15 and up

For more information or to make a referral:

Call [775-241-4212](tel:775-241-4212) or email
caringcontacts.namiwnv@gmail.com



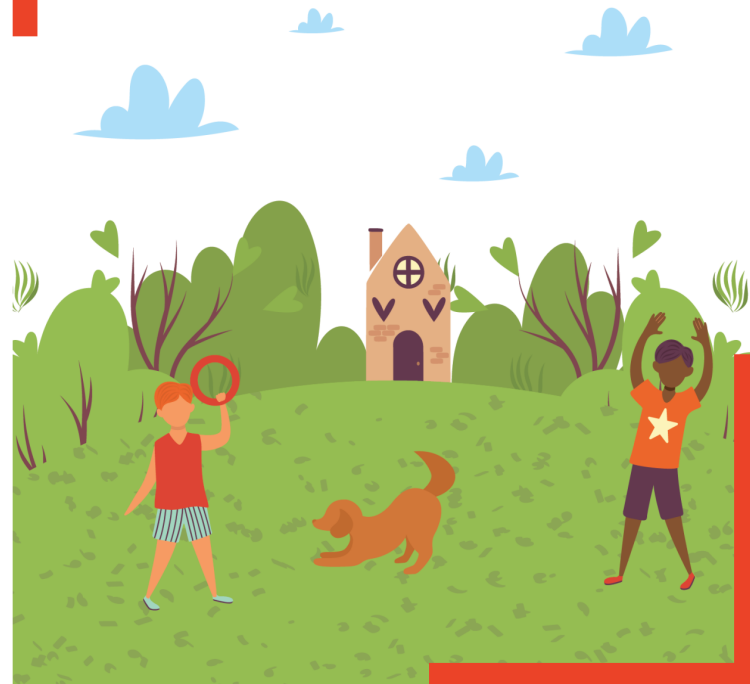


Regional Behavioral Health Policy Boards

Hospital Guide for Youth Mental Health Crisis



Parent's Guide to Youth Mental Health in Nevada





Lethal Means Safety





SAFER CARDS

You Can Keep Your Loved Ones S.A.F.E.R

To all those who care about me,

I'm really struggling right now and I need you to know so you can take steps to keep me safe.

Sometimes, life can feel so overwhelming and I have yet to learn coping skills to manage some emotions.

If you notice I'm upset, it's ok to ask. I may not seem like I want to talk, but it would help to know there is someone I could talk to.

Until I'm feeling more like myself, please help me keep myself safe.

*Love,
Your child*



Signs

- There is no single cause for suicide. Watch for changes in personality, appearance, or mood.

Ask

- If you're concerned, ask about suicide directly.
- Listen. Provide hope. Let them know help is available.

Find Resources

- If you or a family are in need of a firearm securing device, contact the Office of Suicide Prevention at suicideprevention.nv.gov/sp/ralmp/
- If you think your child is in crisis, call the Mobile Crisis Response Team: Southern or Rural NV [\(702\) 486-7865](tel:7024867865), Northern NV [\(775\) 688-1670](tel:7756881670), or call [9-1-1](tel:911).

Education

- Counseling on Access to Lethal Means: zerosuicidetraining.edc.org/

Reducing Access to Lethal Means

- Lock up and secure your guns by using trigger locks and/or gun safes.
- In more than 70% of all suicide attempts, the person acted impulsively within 1 hour of the triggering event.



**CRISIS
SUPPORT
SERVICES**
OF NEVADA

Call (800) 273-8255
Text CARE to 839863
We're here to help. 24/7.

*Provided by the Division of Public and Behavioral Health, Bureau of Behavioral Health Wellness and Prevention with Coronavirus Aid, Relief, and Economic Security Act funding, also known as the CARES Act.





SAFER CARDS

Usted puede mantener a sus seres queridos SEGUROS

A todos a quienes les importo,

Realmente ahora estoy pasando por momentos muy difíciles y quiero que sepan que hay cosas que pueden hacer para mantenerme Seguro.

En ocasiones, la vida puede ser abrumadora y yo todavía tengo que aprender habilidades para afrontar las adversidades y manejar algunas de mis emociones.

Si se dan cuenta de que me siento mal, está bien que me puedan preguntar.

Podría parecer que no quiero hablar, pero sería de ayuda saber que hay alguien con quien puedo contar.

Hasta que me sienta más como yo mismo, por favor, ayúdenme a mantenerme seguro.



*Con amor,
Tu hijo*

Señales

- No hay una causa única para el suicidio.
- Manténgase al tanto de cambios en la personalidad, apariencia o estado de ánimo.

Pregunte

- Si está preocupado, pregunte directamente sobre el suicidio.
- Escuche. Ofrezca esperanza. Déjeles saber que hay ayuda disponible.

Encuentre recursos

- Si usted o su familia necesitan un dispositivo para asegurar un arma de fuego, contacte a la Oficina de Prevención del Suicidio en suicideprevention.nv.gov/sp/ralmp/
- Si usted cree que su hijo o hija está en una crisis, llame al Equipo Móvil de Respuesta en Crisis: Sur o Zona Rural de Nevada [\(702\) 486-7865](tel:7024867865), Norte de Nevada [\(775\) 688-1670](tel:7756881670), o llame al [9-1-1](tel:911).

Educación

- Consejería sobre el acceso a medios letales: zerosuicidetraining.edc.org/

Reducir el acceso a medios letales

- Asegure sus armas de fuego y guárdelas bajo llave usando candados para gatillos y/o cajas fuertes para armas.
- En más del 70 % de los intentos de suicidio, la persona actuó de forma impulsiva en un plazo de una hora del evento desencadenante.



**CRISIS
SUPPORT
SERVICES**
OF NEVADA

Llame al (800) 273-8255

Mande el mensaje de texto
CARE al 839863
Estamos aquí para ayudar las 24/7

**Otorgado por la División de Salud Pública y del Comportamiento, Oficina de Salud del Comportamiento Bienestar y Prevención con financiamiento de la Ley de Ayuda, Alivio y Seguridad Económica del Coronavirus también conocida como Ley CARES.*





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