

MENTAL HEALTH AND SUICIDE PREVENTION

EMD HEALTH AWARENESS DAY
AUGUST 14, 2021

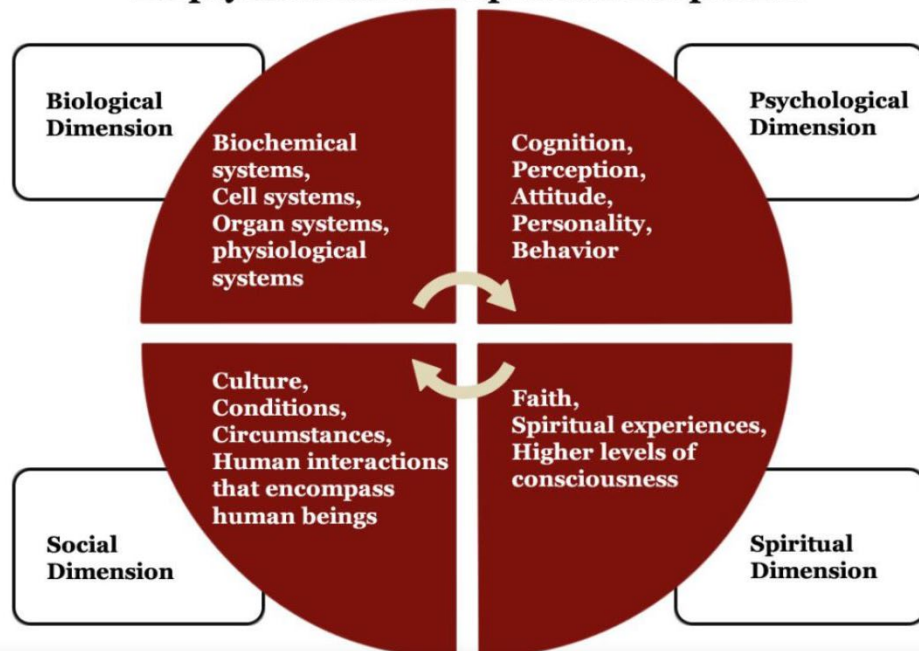
Orma C. Smith, Licensed
Professional Counselor



Biopsychosocial Spiritual Perspective

- We need to address the whole person. Humans are multifaceted and each aspect of our lives should be attended to in order to achieve wellness.

Biopsychosocial and Spiritual Perspective



www.iu.edu

Emotional Health

“Emotions are messengers. They are demanding, and they fight to be acknowledged.”-OCS

Why?

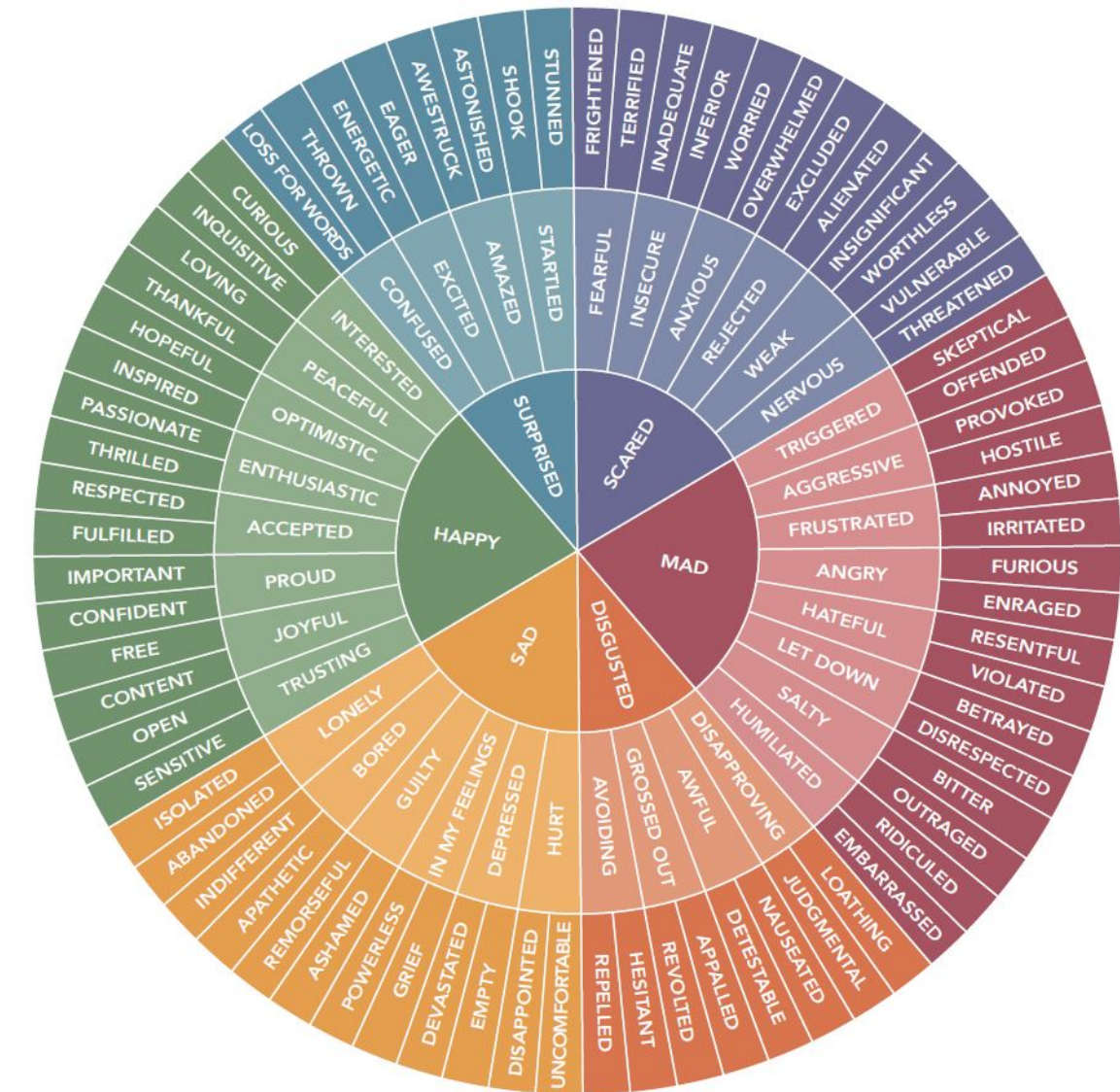
❖ There is something you need to know

or

❖ There is something you need to do



IDENTIFY THE EMOTION



Resist the Urge to Judge

Feelings are neither good nor bad

Only your response/behavior can create challenges

Example: Guilt over being happy when others are not

Healthy Expression of Emotions



UNEXPRESSED EMOTIONS
LEAD TO CHALLENGES
(HEALTH, RELATIONSHIPS)



PAUSE-REFLECT-
RESPOND
(DON'T REACT!)



CONSEQUENCES OF
REACTING VS
RESPONDING

SELF-CARE IS ESSENTIAL!

Five Areas of Therapeutic Self-Care

Physical Self-Care

- Nutrition
- Sleep
- Exercise
- Water intake
- Medication
- Supplements
- Breathing

Spiritual Self-Care

- Prayer
- Meditation
- Spiritual community
- Forgiveness
- Finding purpose and meaning

Activities that support my vision of wellness

Lifestyle

- Structure/routine
- Relaxation
- Setting goals
- Fulfilling work
- Time in nature
- Pleasure

Mental/Emotional Self-Care

- Positive self-talk
- Positive beliefs
- Feeling one's feelings
- Mood journal
- A library of positive memories
- Psychotherapy
- Family of origin healing
- Working through grief
- Working with a good therapist

People Support

- Family
- Friends
- Psychiatrist/therapist
- Minster/rabbi
- Support group
- Day treatment
- Community service

**WE ARE HERE
TO HELP!**



**TRIGGER
WARNING!**

+
o

• YOUR STORY ISN'T OVER YET.

PROJECTSEMICOLON.COM

A large white semicolon symbol is centered within a black circular shape that overlaps the right side of the image. The background of the entire image is a gradient from blue on the left to purple and pink on the right.A large white semicolon symbol is centered within a black circular shape that overlaps the right side of the image. The background of the entire image is a gradient from blue on the left to purple and pink on the right.

SEMICOLON-
WHERE THE AUTHOR COULD'VE
ENDED THE SENTENCE BUT
DECIDED TO KEEP GOING.
THE AUTHOR IS YOU AND THE
SENTENCE IS YOUR LIFE

Myths

“They didn’t look depressed.”

“It’s my fault.”

“They were just weak.”

RISK FACTORS

Know the Risk Factors

Risk factors are characteristics that make it more likely that someone will consider, attempt, or die by suicide. They can't cause or predict a suicide attempt, but they're important to be aware of.

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
- Alcohol and other substance use disorders
- Hopelessness
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical illnesses
- Previous suicide attempt(s)
- Family history of suicide
- Job or financial loss
- Loss of relationship(s)
- Easy access to lethal means
- Local clusters of suicide
- Lack of social support and sense of isolation
- Stigma associated with asking for help
- Lack of healthcare, especially mental health and substance abuse treatment
- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
- Exposure to others who have died by suicide (in real life or via the media and Internet)

WARNING SIGNS

<https://suicidepreventionlifeline.org/how-we-can-all-prevent-suicide/>

Know the Warning Signs

Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change. If you or someone you know exhibits any of these, seek help by calling the Lifeline.

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

SAFETY PLAN

Patient Safety Plan Template

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

1. _____
2. _____
3. _____

Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

1. _____
2. _____
3. _____

Step 3: People and social settings that provide distraction:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Place _____ 4. Place _____

Step 4: People whom I can ask for help:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____

Step 5: Professionals or agencies I can contact during a crisis:

1. Clinician Name _____ Phone _____
Clinician Pager or Emergency Contact # _____
2. Clinician Name _____ Phone _____
Clinician Pager or Emergency Contact # _____
3. Local Urgent Care Services
Urgent Care Services Address _____
Urgent Care Services Phone _____
4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)

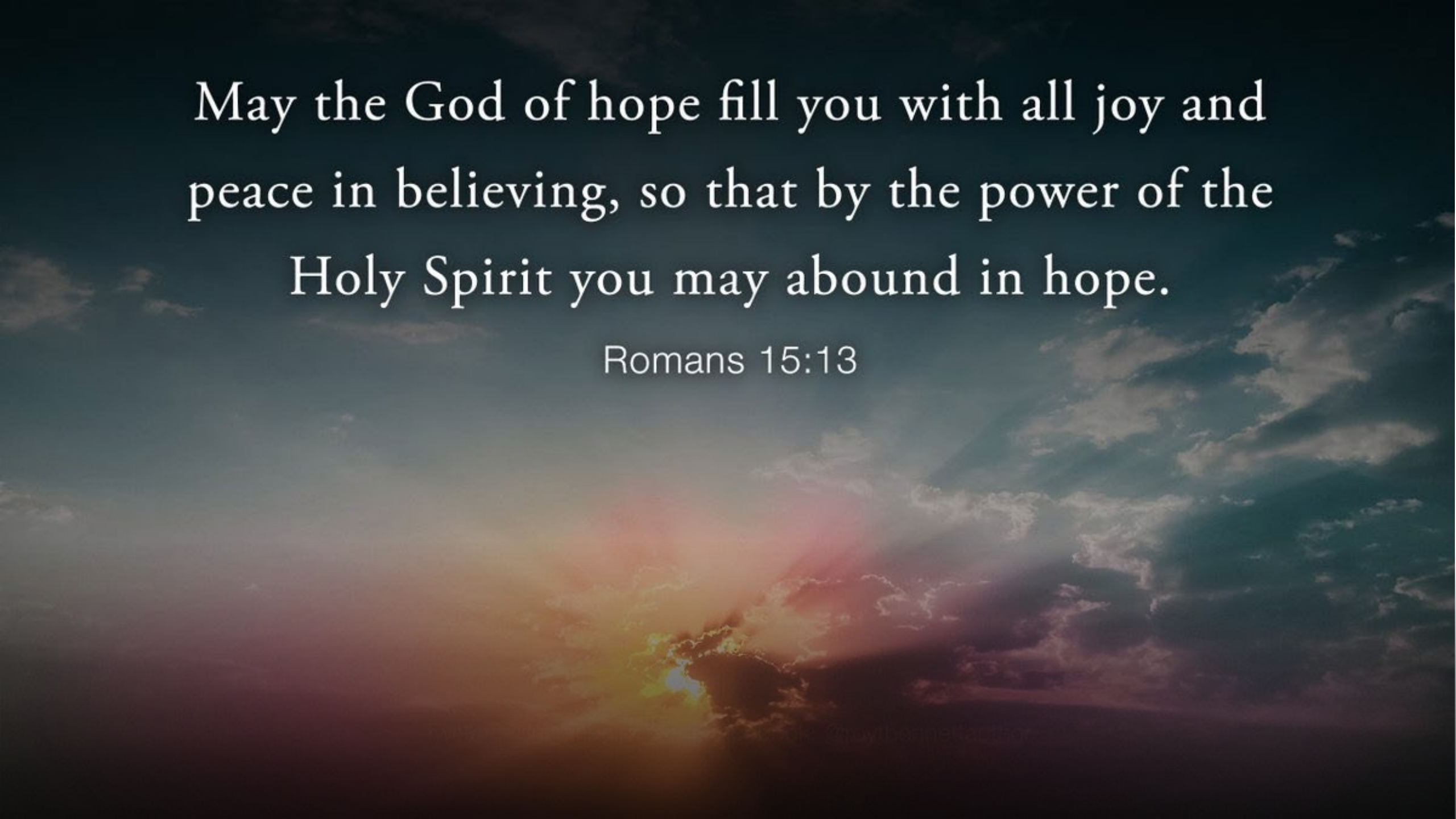
Step 6: Making the environment safe:

1. _____
2. _____

Safety Plan Template ©2008 Barbara Stanley and Gregory K. Brown, is reprinted with the express permission of the authors. No portion of the Safety Plan Template may be reproduced without their express, written permission. You can contact the authors at bhs2@columbia.edu or gregbrow@mail.med.upenn.edu.

The one thing that is most important to me and worth living for is:





May the God of hope fill you with all joy and
peace in believing, so that by the power of the
Holy Spirit you may abound in hope.

Romans 15:13





ORMA SMITH CONSULTING, LLC

Unlock Your Destiny!

Orma Smith, LPC, SCL

Mental Health Counselor
School Counselor Consultant

ormasmithconsulting@gmail.com

(313) 241-0459