



PRESENTED BY
CENTURION
 CONSULTING GROUP
 CENTURIONCGG.NET

The BIG 'S'

veteran and mental health advocate shares prevention strategies in honor of National Suicide Prevention Month

Suicide is a scary and emotional word. Suicide stems from the everyday life stressors that build to the point where someone is so overwhelmed with pain that they would rather be dead than alive.

Worldwide, we lose over 700,000 lives to suicide. That is one life lost every 40 seconds or like losing the entire city of Denver every year! Suicide is the second leading cause of death for ages 15 to 24.

In the United States, we lose almost 48,000 lives to suicide and over 70,000 to overdose. On average, we lose 324 lives every day in America.

Where does Oklahoma rank? Oklahoma is ranked 8th per capita in suicide deaths.

"I'm not a therapist so what is there that I can do?" I hear this question a lot and there are many things you can do to help save lives.

1. **TALK ABOUT SUICIDE.** Say out loud "Are you thinking about suicide?" Embrace the awkward feeling you have and get it out of your system. Asking directly about suicide to someone who you feel may be thinking about it is the best thing you can do. You saying it first takes the pressure off. It lets the person know they can talk to you. If asking about suicide can take some pressure off a person in crisis, I think we can all find it somewhere inside us to muster up the courage.
2. **KEEP THINGS SAFE TO KEEP THOSE AROUND YOU SAFE.** Firearms are involved in almost 50% of suicides. As a firearm owner myself, I know what it means to have something to keep you safe. Shouldn't the item keeping you safe also be kept safe? There are many studies that show up to 50% of suicides occur within less than 10 minutes of

thoughts. Something such as a firearm lock or a medication lockbox could be just enough to pause the thoughts of a person in crisis. If you or anyone you know needs a FREE firearm lock, contact me.

3. **CALL THE CRISIS LINE.** Call and see what the process is like. That way you know the process for when there is a crisis. Ask the crisis line worker what kind of supports or assistance they offer those who call in crisis. Everything is a little scary the first time we do it so calling when you are in a calm state of mind will help you and those around you when you need to call in the future.
4. **BE HONEST WITH YOURSELF.** If you don't give a crap about other people's crap, care enough about human life to connect them to someone who does. Listening to people's hardest day of their life is not everyone's jam and I get that. Do your best to connect them to someone who is able to listen and talk with them. Make a three-way phone call with the crisis line or, if in person, call the crisis line on speakerphone. Sometimes it's just being the person to start the conversation for the person in crisis. Remember this is a scary time for them.
5. **TAKE A TRAINING OR ATTEND A TALK.** Knowledge is power and can save lives. You never know who you will be able to help one day. I am certified to teach two international, evidence-based trainings through LivingWorks: Applied Suicide Intervention Skills Training (ASIST) and SAFetalk.

For more information, to sign up for my newsletter, to schedule a training or talk, please visit Rosebudellc.com

JessicaRose H. Johnson is a mental health advocate, a Marine Corps veteran and Invictus medalist with six years' experience in the prevention field specializing in Suicide and Overdose prevention.