

Suicide Prevention



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Farm/Ranch Stress

- ▶ Farming is a high stress occupation
- ▶ According to NIOSH, farm owners were second only to laborers in the rate of death for stress-related diseases.


Farm/Ranch Depression

- ▶ Many farmers/ranchers struggle with depression.
 - ND farmers' depression levels were almost twice that of other rural populations in the past.
- ▶ IA farm men were more likely to experience depression if within the previous year they had:
 - Lost something of sentimental value
 - Experienced substantial income decline
 - Gone deeply into debt
 - Faced legal problems
 - Or experienced an increase in health problems.

Farm/Ranch Suicide Rates

- Higher rates of suicide among farmers/ranchers have been reported in the United Kingdom, Australia, Canada, Scotland, and the U.S.

Why do farmers/ranchers complete suicide at higher rates?

- It may have to do with:
 - Demands of family farms
 - Culture of farming communities
 - Shortage of health care professionals in rural farming communities
 - High accessibility to firearms
 - Occupational stress
 - Financial difficulties
 - Family problems
 - Retirement is a trying transition for farmers
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Facts about Veteran Suicide

- ~39,000 US deaths from suicide/ year.
 - Centers for Disease Control and Prevention
- ~20% are Veterans.
 - National Violent Death Reporting System
- ~18 deaths from suicide/day are Veterans.
 - National Violent Death Reporting System
- No evidence for increased rates in OEF/OIF Veterans relative to sex, age, and race matched people in the population as a whole.
 - VA Office of Environmental Epidemiology
- Veterans are more likely to use firearms as a means.
 - National Violent Death Reporting System

What Are Some Strategies to Recognize and Assist Agricultural Workers, Veterans and Others Who Might Be at Risk of Suicide?

Recognizing Suicide Risk



Who is at risk?



How can you tell?

Addressing Invitations

explore

ASK! ASK!
Ask! ASK!
ASK!

About Suicide



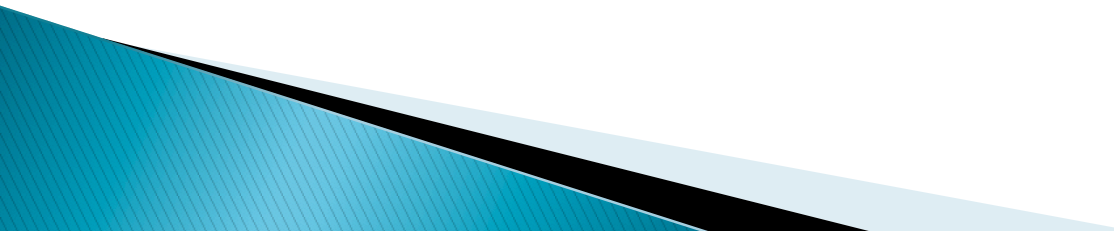
Listen For:



Create a Safety Plan Together



Safety Plan Elements

- ✓ Triggers/Warning Signs
 - ✓ Internal Coping Strategies
 - ✓ Social Contacts Who May Distract from the Crisis
 - ✓ Family Members or Friends
 - ✓ Professionals and Agencies to Contact for Help
 - ✓ Making the Environment Safe
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Triggers / Warning Signs

- ▶ Are there specific events or feelings that are a trigger for thoughts of suicide?
- ▶ If we can identify triggers we can plan for them



Internal Coping Strategies

- ▶ Activities that help address negative feelings



Social Contacts Who May Distract from the Crisis

- ▶ Distraction is valid and important




Family Members or Friends

- ▶ Assess support network
- ▶ Identify connections
- ▶ Rebuild old ones



Professionals and Agencies to Contact for Help

- ▶ Be aware of the agencies and resources available in your community—what services they offer and what their limitations are.
 - ▶ Discuss the referral with the person/family. “It sounds/looks like you’re feeling _____. I think _____, _____, or _____ could help you deal with your situation.”
 - ▶ Plan around barriers to connecting with resources
 - ▶ Follow-Up on connections made
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2-1-1 Locator: www.211.org

National Suicide Prevention Lifeline:

1-800-273-TALK (Veterans Press 1)

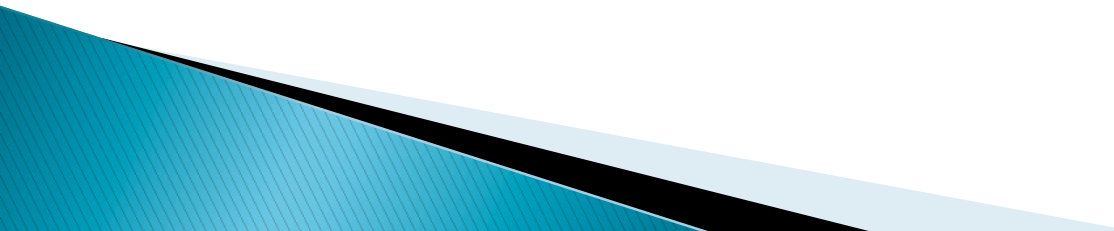
Lifeline Crisis Chat:

www.suicidepreventionlifeline.org

Veterans Resource Locator

<http://www.veteranscrisisline.net/GetHelp/ResourceLocator.aspx>

Making the Environment Safe

- ▶ Disable the suicide plan or available impulse means
 - ▶ Gun safety vs. pills vs. other methods
 - ▶ Collaborative plan
 - ▶ Involve family
- 



Emergency
Alerts

responsibility

Be careful out there.
Take good care of
yourselves!

Thank you very much!

For More Information, Contact:

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Questions?