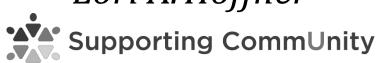




# Suicide Talk; A Conversation to Create Awareness

Presented by: Lori A. Hoffner

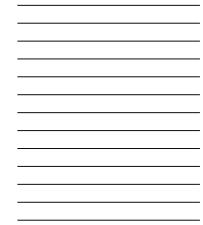


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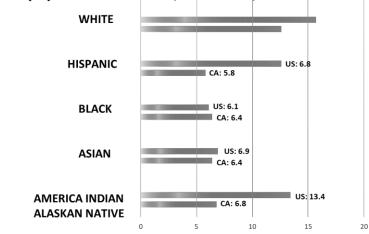


### SUICIDE: CALIFORNIA 2016 FACTS & FIGURES Suicide Death Rates \$4,246,494,000 of combined lifetime medical and work loss cost in 2010, or an average of \$1,085,227 per suicide death IN CALIFORNIA, SUICIDE IS THE. 42,773 12.93 Suicide is the 11th leading 5th leading cause of death for ages 45-54 cause of cause of death for ages 55-64 On average, in California. Over twice as many people die dies by suicide by suicide in California annually as every two hours in the state. by homicide. The total deaths to suicide reflect a total of 75,045 years of potential life lost (YPLL) before age 65. AMERICAN FOUNDATION FOR Suicide Prevention

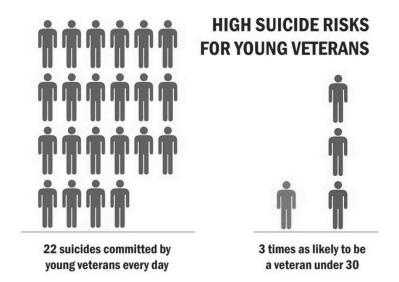
## **NOTES:**



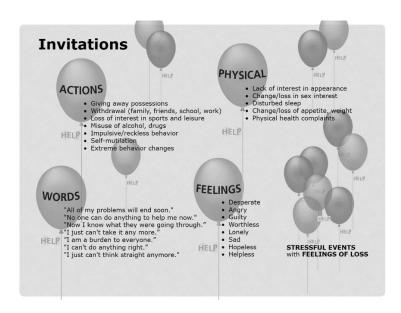
## Subpopulations: Suicide, California, United States



Deaths per 100,000 population



# 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:**

oping skills are methods a person uses to deal with stressful	
tuations. Obtaining and maintaining good coping skills does take	
ractice. However, utilizing these skills becomes easier over time. Mo	st
nportantly, good coping skills make for good mental health wellness	<b>3.</b>

## **Resources:**

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

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

http://www.suicide.org/hotlines/california-suicide-hotlines.html



Your top 3		

National text line 741741 "talk"

## THANK YOU FOR WHAT YOU DO!

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