SOUTHERN UTAH
ASK a Question . . . . . SAVE a Life
NEWSLETTER

WHAT UTAH IS DOING TO HELP
Reduce Suicide

Everyone plays a role in suicide prevention.
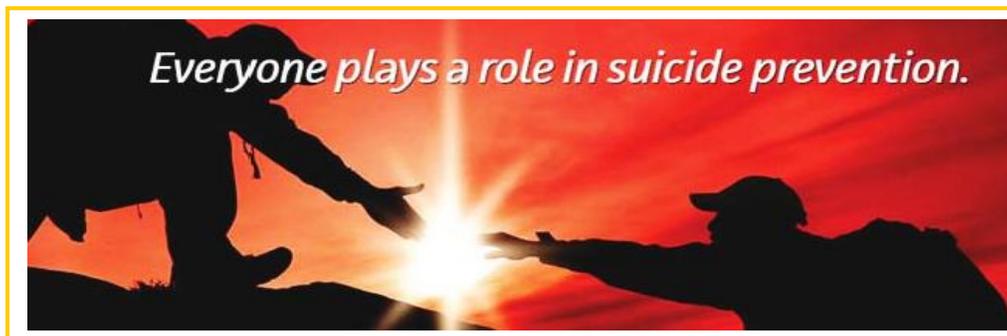
Suicide is a major preventable public health problem in Utah and the 6th leading cause of death. Every suicide death causes a ripple effect of immeasurable pain to individuals, families, and communities throughout the state.

The Utah Suicide Prevention Coalition has created the following Utah Suicide Prevention Plan:

✴ Reducing Access to Lethal Means (86% of all firearms deaths in Utah are suicide)

- ◆ Promote the **"Is Your Safety On"** campaign.
- ◆ Distribute cable style gunlocks
- ◆ Develop a suicide awareness module for concealed carry permit instructors to incorporate into their training.

✴ Identify High Risk Populations

High-risk populations identified include:

- ✴ American Indians
- ✴ Survivors of suicide loss
- ✴ Individuals in justice and welfare settings
- ✴ Individuals engaged in non-suicidal self-injury
- ✴ Individuals who have attempted suicide
- ✴ Individuals with medical conditions
- ✴ Individuals with mental and or substance use disorders
- ✴ LGBT+ population
- ✴ Members of the Armed Forces and Veterans
- ✴ Men in midlife and older men

✴ Increase Availability and Access to Quality Behavioral and Physical Health Care

- ◆ Increase percentage of Utahns with health and behavioral health insurance

  Increase access to psychiatric medications prescribers

- ◆ Increase telehealth availability, especially in rural counties

✴ Increase Support to Survivors of Suicide Loss

- ◆ Provide support and resources to health and behavioral healthcare providers for when a client under their care dies by suicide

WHAT UTAH IS DOING TO HELP
Reduce Suicide

Continued from Page 1

✴ **Increase Connectedness to Individuals, Family, Community, and Social Institutions by Creating Safe and Supportive School and Community Environments**

♦ Promotion of child abuse prevention services and parenting programs
♦ Create safe environments for LBGTQ+ youth and young adults, including promotion of initiatives such as Gay Straight Alliances, Family Acceptance Project, and the Trevor Project
♦ Partner with businesses to implement workplace wellness and suicide prevention strategies

✴ **Increase Data Collection to Guide Prevention Efforts**

♦ Partner with the Office of the Medical Examiner to increase data regarding suicide fatalities
♦ Collect more comprehensive data on LBGTQ+ persons' risk of suicide fatality

✴ **Increase Prevention and Early Intervention for Mental Health Problems, Suicidal Ideation and Behaviors and Substance Use.**

♦ Provide gatekeeper trainings such as ASIST, QPR, and Mental Health First Aid
♦ Promote expansion of school based mental health services

✴ **Increase Social Norms Supportive of Help-Seeking and Recovery**

♦ Distribute data and flyers to include suicide data, prevention resources, and crisis line numbers

✴ **Increase Coping and Problem Solving Skills** Implement and promote parenting programs such as Guiding Good Choices or Strengthening Families

Source: Utah Suicide Prevention Plan—2017-2021, Utah Prevention Coalition

**To view the complete plan including suicide prevention resources, **

While suicide is a leading cause of death and many people report thoughts of suicide, the topic is still largely met with silence and shame. It is critical for all of us to challenge this silence using both research and personal stories of recovery. Everyone plays a role in suicide prevention and it is up to each one of us to help create communities in which people are able to feel safe and supported in disclosing suicide risk, including mental illness and substance use problems. Together, we can make a difference to prevent suicide, providing caring interventions, and foster environments that promote acceptance, healing and recovery.

Suicide Facts & Figures:
Utah 2019*

On average, **one person dies by suicide every 13 hours** in the state.

Over twelve times as many people died by suicide in Utah in 2017 than in alcohol related motor vehicle accidents.

The total deaths to suicide reflect a total of 16,309 years of potential life lost (YPLL) before age 65.

Suicide cost Utah a total of **$629,958,000** combined lifetime medical and work loss cost in 2010, or an average of **$1,331,835 per suicide death.**

*Based on most recent 2017 data from CDC. Learn more at afsp.org/statistics.

7th leading cause of death in Utah

1st leading cause of death for ages 15-24
2nd leading cause of death for ages 25-44
4th leading cause of death for ages 45-54
6th leading cause of death for ages 55-64
17th leading cause of death for ages 65 & older

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Utah	663	22.74	6
Nationally	47,173	14.00	

afsp.org/StateFacts

American Foundation for Suicide Prevention

Specialty Suicide Prevention Information

- **AGE/GENDER/CULTURE**
- **LAW ENFORCEMENT**
- **STUDENTS**
- **MILITARY**
- **HEALTH**
- **CHILDREN/TEENS**

Share Your Story

"The day after I took a QPR class, I found out my friend had a plan to commit suicide by shooting himself with a gun. I was able to use the skills and knowledge I had gained taking QPR training to help prevent my friend from committing suicide".

"I was worried about a friend who I thought may be contemplating suicide. I took the QPR class at my church and the next day, I talked to my friend and asked him the questions I had learned in QPR. He talked to me about his suicidal feelings and I was able to help get him into treatment."

Have you had an experience where QPR has made a difference by assisting someone in getting the help they need?

TELL US ABOUT IT!

Send an e-mail with your story to:

Mona Griffin at mgriffin@sbhcutah.org