

PASCO AWARE



Saving Lives in Our Community

Volume 1, Issue 1

2008

The mission of Pasco Aware is to provide suicide prevention and intervention throughout Pasco county schools and the community and to foster awareness of responsible media reporting on the subject of suicide.

This series of newsletters is intended to raise awareness of suicide and suicide prevention in Pasco County. If you have questions or would like to attend a Pasco Aware meeting, please contact Dave Chamberlin at dachambe@pasco.k12.fl.us.

If you or someone you know is in crisis, call the National Suicide Prevention Lifeline

1-800-273 TALK

Warning Signs

Is Path Warm?

- I** Ideation
- S** Substance Abuse
- P** Purposelessness
- A** Anxiety
- T** Trapped
- H** Hopelessness
- W** Withdrawal
- A** Anger
- R** Restlessness
- M** Mood Change

Save a Life

- ◆ Show you care
- ◆ Ask the question
- ◆ Get help

When you detect the warning signs, show you care by reaching out, sharing your observations and concerns, and using reflective listening. Be careful not to judge or rush them.

Truth or Myth?

Asking a person at risk of suicide if they are thinking about suicide will increase their risk.

Myth. You cannot make someone suicidal by asking caring questions. Talking shows you care and are

THE SUICIDE PREVENTION RESOURCE CENTER (SPRC)

[HTTP://WWW.SPRC.ORG](http://www.sprc.org)

SPRC provides information and resources, including best and evidence-based practices, which are useful for the development of suicide prevention programs, policies, and interventions.

Taking Action

Suicide is a serious, pervasive yet preventable public health issue. In 2005, Florida ranked 3rd highest among states for the number of suicide fatalities and had the 18th highest suicide rate ^[1]. While national suicide death rates decreased slightly in 2006-2006, Pasco County's rates increased. The age-adjusted suicide death rate for Pasco County for 2004 through 2006 was 17.6, 15.1 and 19.0 annually, in comparison to state rates of 12.8, 12.2, and 12.3 ^[2].

To address the issue of suicide, the Multi-Agency Coordinating Council (MACC) formed Pasco Aware in 2005. Pasco Aware has members from various segments of the community including schools, health care, law enforcement, migrants, businesses, and other prevention initiatives.

Future issues of this newsletter will present the accomplishments and plans of Pasco Aware.

^[1] CDC/NCHS ^[2] Florida Department of Health

Risk Factors

One of the risk factors that increase the likelihood of suicide is exposure to suicide in any form including:

- Previous suicide attempt,
- Family history of suicide, and
- Influence of others who died by suicide.

A prior attempt indicates that self-destructive behavior is acceptable to the individual. Exposure to real or fictional accounts of suicide can affect vulnerable individuals, especially youth.