

# PASCO AWARE



## Saving Lives in Our Community

Volume 1, Issue 2

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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](mailto:dachambe@pasco.k12.fl.us).*

### Warning Signs

**Take immediate action if a person is:**

- Talking or writing about death by suicide.
- Isolating from friends and family.
- Putting one's affairs in order – giving away cherished possessions.
- Exhibiting a sudden and unexplained improvement after being depressed.

### Save a Life

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

If you are remotely wondering, ask "It sounds like you're thinking of killing yourself. Are you thinking about suicide?" The more detailed the plan, the greater the risk.

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

**1-800-273 TALK**

## Taking Action

Since its formation in 2005, Pasco Aware has focused on suicide prevention training and responsible media reporting.

With funding from the Beth Foundation, Pasco Aware implemented Gatekeeper training and prepared over 80 representatives from the participating agencies to administer the training. To date, more than 475 people in Pasco County have received Gatekeeper training. In addition, the coalition developed electronic newsletters to be sent to training participants. These newsletters are designed to reinforce training concepts and encourage use of the training material in real life situations.

To raise awareness of suicide prevention resources, Pasco Aware conducted a media campaign that included billboards, newspaper articles, a quarterly newsletter, posters and other promotional material.

The next issue of this newsletter will present the future plans of Pasco Aware.

## Truth or Myth?

People who are suicidal tend to hide it.

*Myth. Most suicidal people give definite warning signals of suicidal intentions.*

### SUICIDE PREVENTION ACTION NETWORK

[HTTP://WWW.SPANUSA.ORG](http://www.spanusa.org)

The Suicide Prevention Action Network (SPAN USA) is the nation's only suicide prevention organization dedicated to leveraging grassroots support among suicide survivors (those who have lost a loved one to suicide) and others to advance public policies that help prevent suicide.

## Risk Factors

Mental health problems increase the risk of suicide.

- Mental disorders, particularly mood disorders such as depression,
- Impulsive or aggressive tendencies, and
- Psychological pain, e.g., hopelessness, helplessness, and a perceived burden on others.

A person in psychological pain feels trapped, as if there is no alternative course of action or escape.