

PASCO AWARE



Saving Lives in Our Community

Volume 1, Issue 3

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.

Warning Signs

Look for a pattern, the duration, the intensity, the possible presence of a crisis event, and how the behavior compares to what would be considered normal for the individual.

Be concerned when significant changes are observed and last two weeks or longer.

Save a Life

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

Build confidence in a person's safety net. Assist with identifying and accessing people and resources. Never leave a person alone if you suspect they may attempt suicide or self-harm.

Truth or Myth?

All talk about suicide should be taken seriously.

Truth. Talking about suicide can be a plea for help. Confidentiality should never be maintained when there is a potential for harm.

FLORIDA SUICIDE PREVENTION IMPLEMENTATION PROJECT ([HTTP://PREVENTSUICIDE.FMHI.USF.EDU](http://preventsuicide.fmhi.usf.edu))

The website provides helpful information and resources for individuals, organizations, agencies, and business to mobilize and implement the Florida Strategy for Suicide Prevention.

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

1-800-273 TALK

Taking Action

Previous issues of this newsletter presented the history of Pasco Aware and outlined a few of the coalition's accomplishments. Pasco Aware has many exciting plans for the future including:

- Seek to develop new partnerships.
- Expand membership to include other individuals, businesses and agencies.
- Continue Gatekeeper training and evaluation of training effectiveness.
- Conduct planning with partners to identify how Pasco Aware may invigorate and expand the suicide prevention efforts in Pasco County.

The accomplishments and lessons learned by Pasco Aware will be shared with other suicide prevention coalitions as they work to achieve Florida's strategic goal of reducing the suicide rate by one third by the year 2010.

Risk Factors

Our surroundings and the things that happen to us in life may increase the risk of suicide.

- History of trauma or abuse.
- Stressful life events.
- Loss – job, financial, relationship.
- Access to lethal means such as firearms or drugs.
- Cultural or religious acceptance of suicide as a noble resolution of a personal dilemma.
- Lack of social support – isolation, rejection.