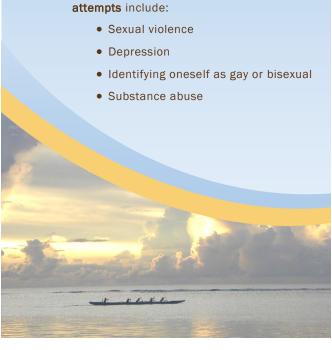
SUICIDE

GUAM

purpose. Suicide ideation can

- According to the 2011 Guam Epidemiological Profile, suicide remains prevalent on Guam with an average of one suicide death occurring every two weeks. Guam's suicide death rate of ~ 18-19 per 100,000 inhabitants has remained unchanged since 2000.
 - Suicide deaths are highest among youth and young adults. Three in every five suicide deaths occur in those under the age of 30 years old.
- Micronesian Islanders, particularly Chuukese and **Chamorros** are significantly over-represented in suicide deaths.
 - Correlates of youth suicidal ideation and attempts include:



Resources

Local Emergency

911

Department of Mental Health and (671) 647-8833 Substance Abuse, 24-Hour Crisis Hotline

l'Pinangon, University of Guam (671) 735-2888/9 Campus Suicide Prevention Program

Life Works Guam: Suicide (671) 632-0257

Prevention Program and Rainbows

for all Children on Guam

Sanctuary, Inc. of Guam (671) 475-7100

24-Hour Crisis Hotline

24-Hour National Suicide 1 (800) 273-TALK (8255) Prevention Lifeline www.suicidepreventionlifeline.org (Toll-Free)

Survivors of Suicide

(671) 477-9079

Support Group

Open to youth and adults who have lost a loved one to suicide

American Foundation for Suicide

www.afsp.org

Prevention

Suicide Prevention Resource Center

www.sprc.org

For more information:

Department of Mental Health and Substance Abuse. Prevention and Training Branch (PEACE Office)

(671) 477-9079 thru 9083 www.peaceguam.org

Like facebook.com/FocusonLifeGuam

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Recognize the Warning Signs

- Abrupt changes in personality
- Giving away possessions
- Use and/or misuse of substances such as alcohol, tobacco and drugs
- Significant weight change
- Change in sleeping pattern—unable to sleep or sleeping all the time
- Unwillingness or inability to communicate
- Clinical depression
- Unusual sadness
- Reckless behavior
- Withdrawal from people or usual activities they love
- Confusion inability to concentrate

Remember that suicide is the most preventable cause of death among our island people.

Help is always available.

What You Can Do to Help

ASK

- Express concern by asking what is troubling the person. Ask further questions to get to the root of the problem.
- Ask if he/she has thought about suicide.
- If the individual has thought about suicide, ask if he/ she has a plan.

LISTEN

- Be willing to listen. Allow him/ her to express their feelings. Listen carefully.
- Be empathetic. Try to imagine what your friend is going through and accept the feelings he or she expresses.
- Be non-judgmental. Avoid lecturing on the value of life or debating whether suicide is right or wrong. Instead, allow the person to talk freely about his/her feelings.

ACT

- Take all threats, gestures and previous attempts seriously.
- Remove any means that might be used to hurt him/ herself such as pills, extension cords, wire coat hangers or rope.
- Never agree to keep suicide thoughts or plans a secret.
- Offer hope by letting him/her know that counseling can help.
- Assist him/her in finding professional help and offer to accompany him/her.

→ Keep Yourself Safe, Too!

People who neglect their own needs and forget to nurture themselves are at danger of deeper levels of unhappiness, low self-esteem and feelings of resentment. Also, sometimes people who spend their time only taking care of others can be at risk for getting burned out on all the giving, which makes it more difficult to care for others or themselves. Taking time for *self-care* can start at managing your stress. Here are some tips:

- Learn how to say "NO."
- Avoid people who stress you out.
- Express your feelings instead of bottling them up.
- Manage your time better.
- Learn to relax. (Try to meditate regularly.)
- Remember the Four A's

⇒ Avoid the Stressor

Do something that makes you happy such as joining extra-curricular or sports activities.

⇒ Alter the Stressor

Focus your time and energy on positive experiences. Practice smart time management.

⇒ Adapt to the Stressor

Know your limits and be flexible. Accept that things will not always go your way.

⇒ Accept the Stressor

Accept the things that you cannot change.