

Warning Signs

Talk

If a person talks about:

- killing themselves
- feeling hopeless
- having no reason to live
- being a burden to others
- feeling trapped
- unbearable pain

Behavior

Behaviors that may signal risk, especially if related to a painful event, loss or change:

- increased use of alcohol or drugs
- looking for a way to end their lives such as searching online for methods
- withdrawing from activities
- isolating from family and friends
- sleeping too much or too late
- visiting or calling people to say goodbye
- giving away prized possessions
- aggression
- fatigue

Mood

People who are considering suicide often display one or more of the following moods:

- depression
- anxiety
- loss of interest
- irritability
- humility/shame
- agitation/anger
- relief/sudden improvement



Produced by:



**FOCUS ON
LIFE**

FOCUS ON LIFE
671-646-5642
staff@peaceguam.org

gbhwc.guam.gov

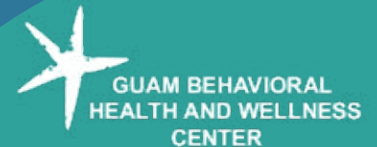
790 Governor Carlos G. Camacho Road
Tamuning, GU 96913

REFERENCES/SOURCES:

Suicide in Guam, 2022
Guam State Epidemiological Outcomes
Workgroup (SEOW)

County of Santa Clara Behavioral Health
Services Department, Suicide Prevention
Program

Funded by SAMHSA Grant #H79SM082116



Understanding the risks
& how to help

**SUICIDE BY
LIGATURE**

About Ligature

Suicide by ligature refers to the act of intentionally causing one's own death by using a ligature - a cord, rope, wire, or similar material - to compress the neck, cutting off oxygen supply and blood flow to the brain. This method typically involves hanging, but can also include other forms in which the pressure is self-applied or maintained through a fixed point.



Ligature in Guam

In the last decade (2012 - 2022), hanging emerged as the predominant method of suicide in Guam, accounting for an alarming 82% of all suicide deaths. This figure starkly contrasts with the patterns observed in the United States, where firearms are the most common method of suicide. In Guam, only 10% of suicides were at the result of firearm use. This significant discrepancy highlights a unique challenge faced by our community.

Uniting for Prevention

The significant rate of suicide by ligature in Guam necessitates a collective responsibility. Together, we can enhance awareness, encourage education, and provide avenues of support, forging a community where every life is safeguarded and cherished.



Identifying and Addressing Risks

Understanding the common methods and locations associated with suicide by ligature is the key to prevention. While it's challenging to eliminate all risks, being aware of common ligatures, ligature points, and limitations in restricting access can guide us in creating safer environments.



Common Ligatures

Ligatures are the materials or items used to perform the act of hanging. Common ligatures include:

- Belts
- Ropes
- Cables



Common Ligature Points

Ligature points are locations or objects where a ligature could be attached to complete the act. Common ligature points include:

- Beams and Ceilings
- Trees
- Door Knobs and Curtain Rods



Restriction Challenges

Completely restricting access to all potential ligatures and ligature points in homes is nearly impossible, given their prevalence and everyday utility. Balancing safety measures with daily practicality is crucial, highlighting the importance of continual awareness and education in suicide prevention efforts.

Education as Prevention

We believe that providing effective training is the key to suicide prevention, as it arms individuals with crucial skills and knowledge. This includes the ability to identify warning signs, communicate with empathy and understanding, and guide individuals to the resources and support that they need. The Focus on Life grant offers free suicide prevention training to individuals as young as 13 years old. These trainings cater to a wide range of expertise, spanning from beginner to advanced levels.

Start
Beginner

Online

60-90 minutes, self-paced

13 and above

safeTALK
Intermediate

In-person

3-4 hours

15 and above

ASIST
Advanced

In-person

16 hours (2 days)

18 and above

For registration or more information, email staff@peaceguam.org.

988 SUICIDE & CRISIS LIFELINE

If you or someone you know is struggling with their mental health or thoughts of suicide, 988 is available 24/7. Call/text 988 to connect with trained lifeline specialists who are ready to offer support and guidance.