



# National Strategy for Suicide Prevention

[www.mentalhealth.org/suicideprevention](http://www.mentalhealth.org/suicideprevention)

A Collaborative Effort of SAMHSA, CDC, NIH, HRSA

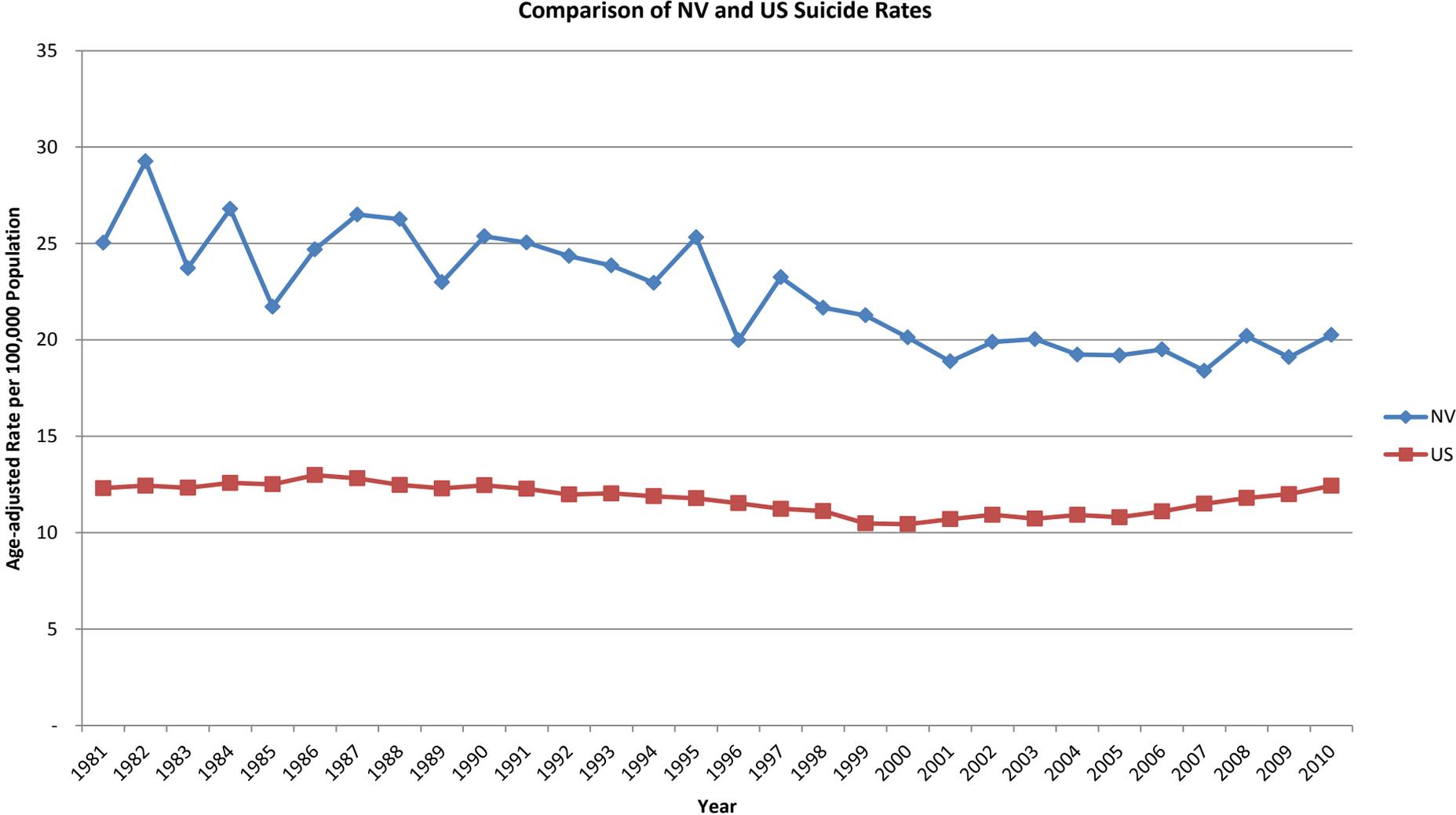
*“Much of the work of suicide prevention must occur at the community level, where human relationships breathe life into public policy ...”*

-- Dr. David Satcher  
in the Preface of the National Strategy  
for Suicide Prevention (1998)



EXHIBIT L Health Care  
Document consists of 11 pages.  
Entire exhibit provided.  
Meeting Date 3-05-14

# Suicide Rates in Nevada and the US --1999-2010



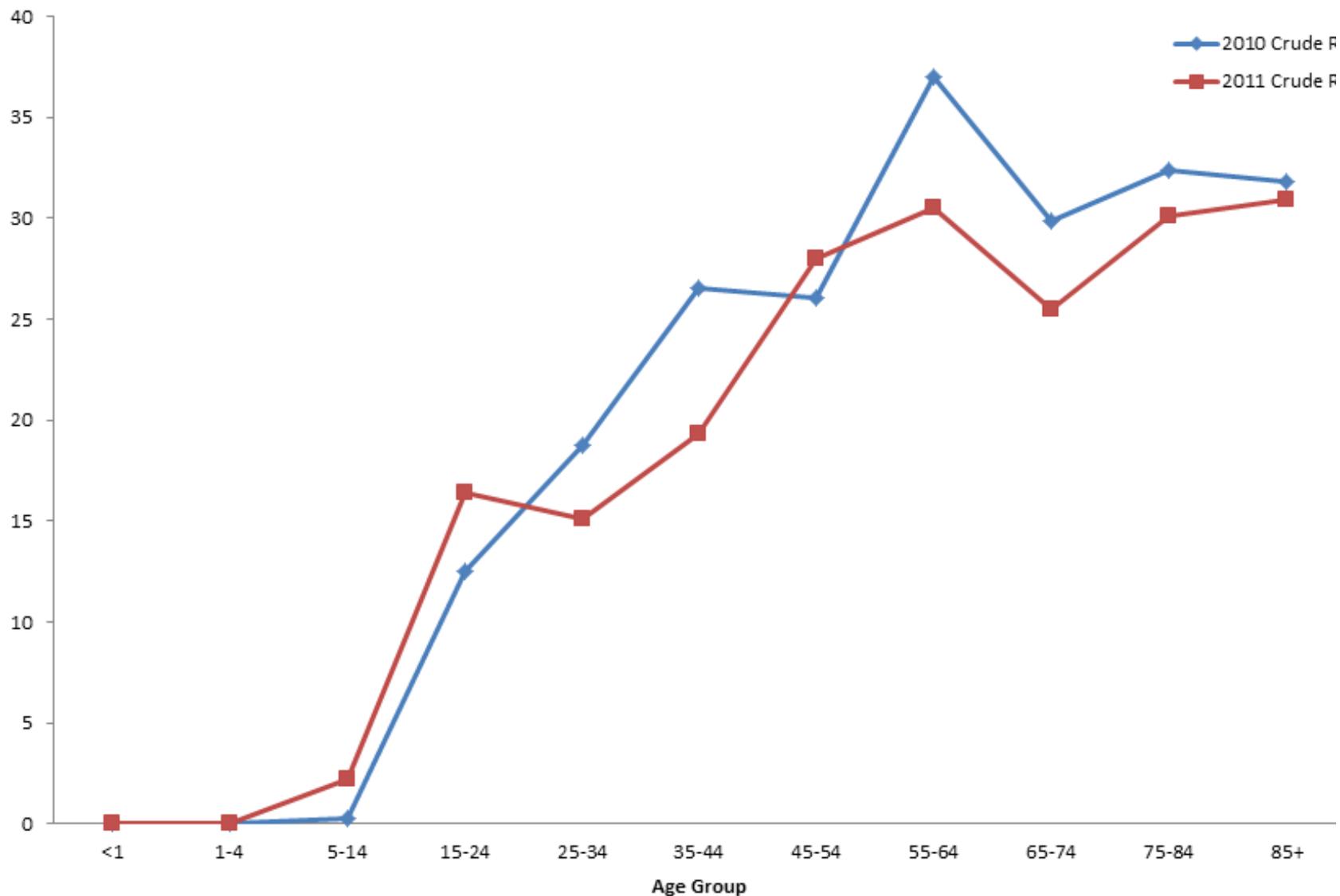
Source: Centers for Disease Control and Prevention and NV Office of Health Statistics and Surveillance

# Suicide in Nevada

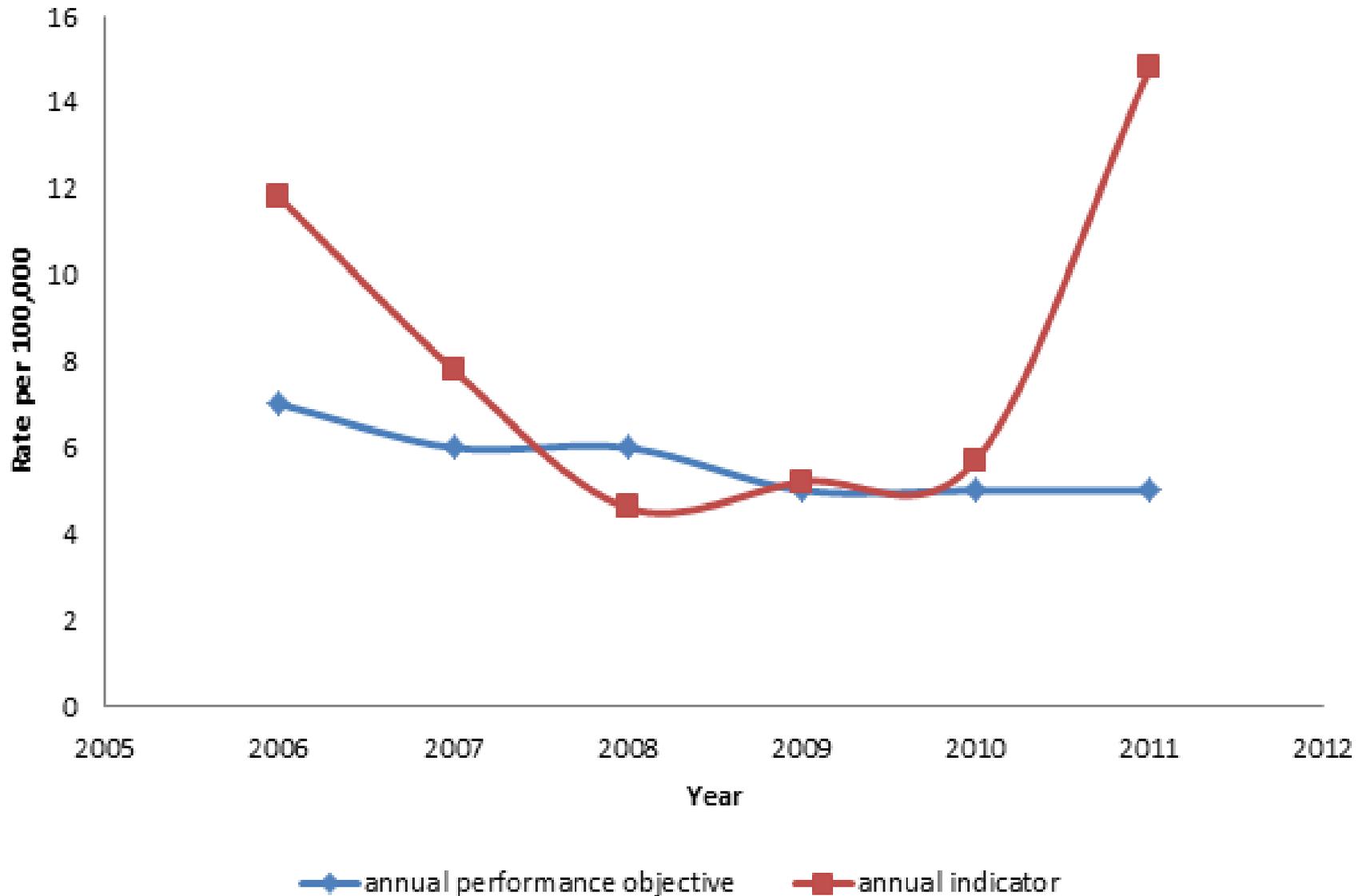
- ❖ In 2010, suicide was the 6<sup>th</sup> leading cause of death; Nationally, suicide is 10<sup>th</sup>;
- ❖ Suicide is 2nd leading cause of death for Nevadans 15-34;
- ❖ More Nevadans die by suicide than by homicide or motor vehicle crashes;
- ❖ Youth have the 2<sup>nd</sup> highest attempt rates in Nevada;

## Death Counts and Crude Rates by Age Group and Year of Death, Nevada Residents, 2010-2011\*

\*Note: Data are not final and are subject to changes.

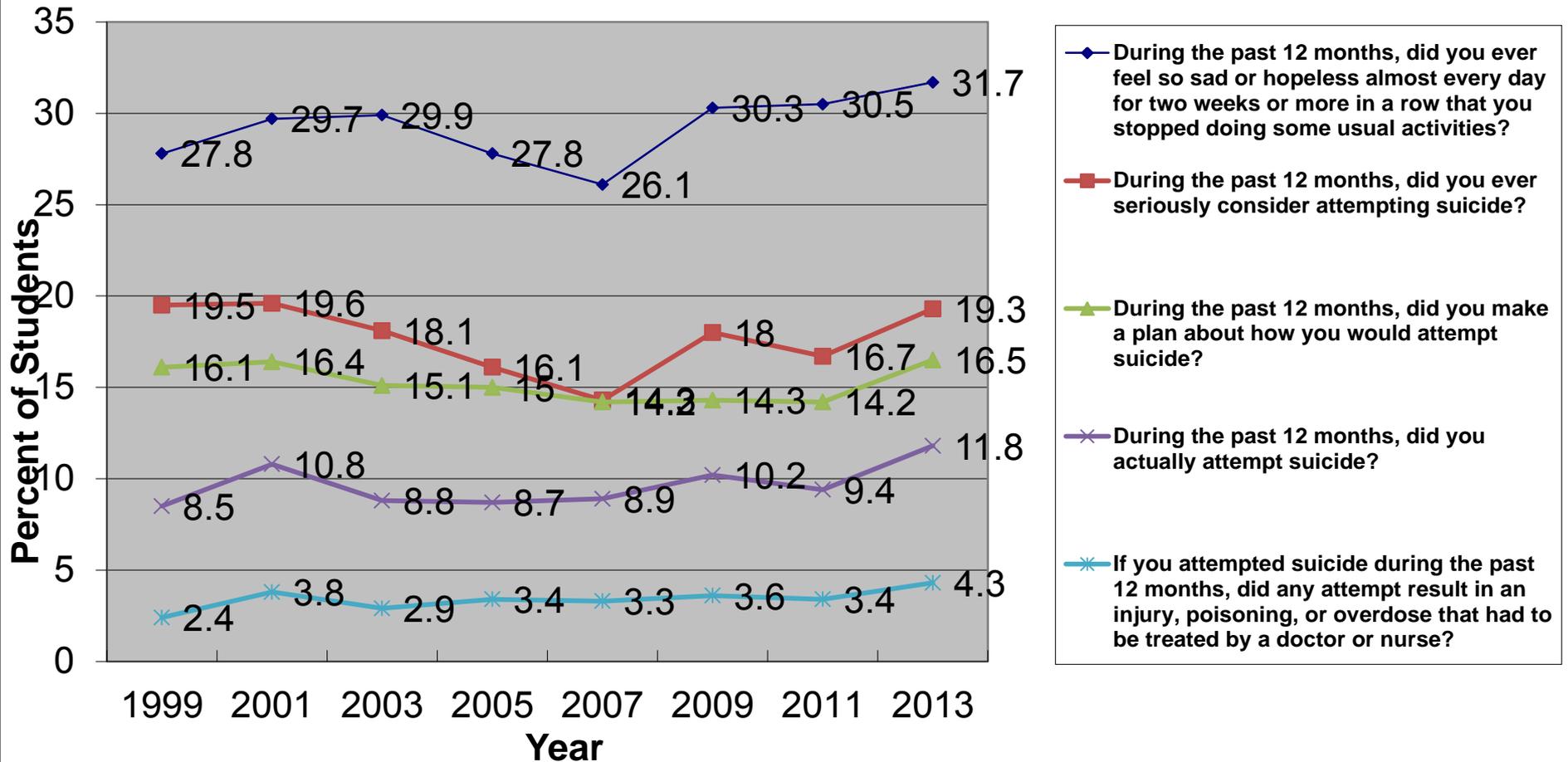


## PERFORMANCE MEASURE # 16 The rate (per 100,000) of suicide deaths among youths aged 15 through 19.



# Youth Risk Behavior Survey

## Nevada Youth Risk Behavior Survey: 1999-2013

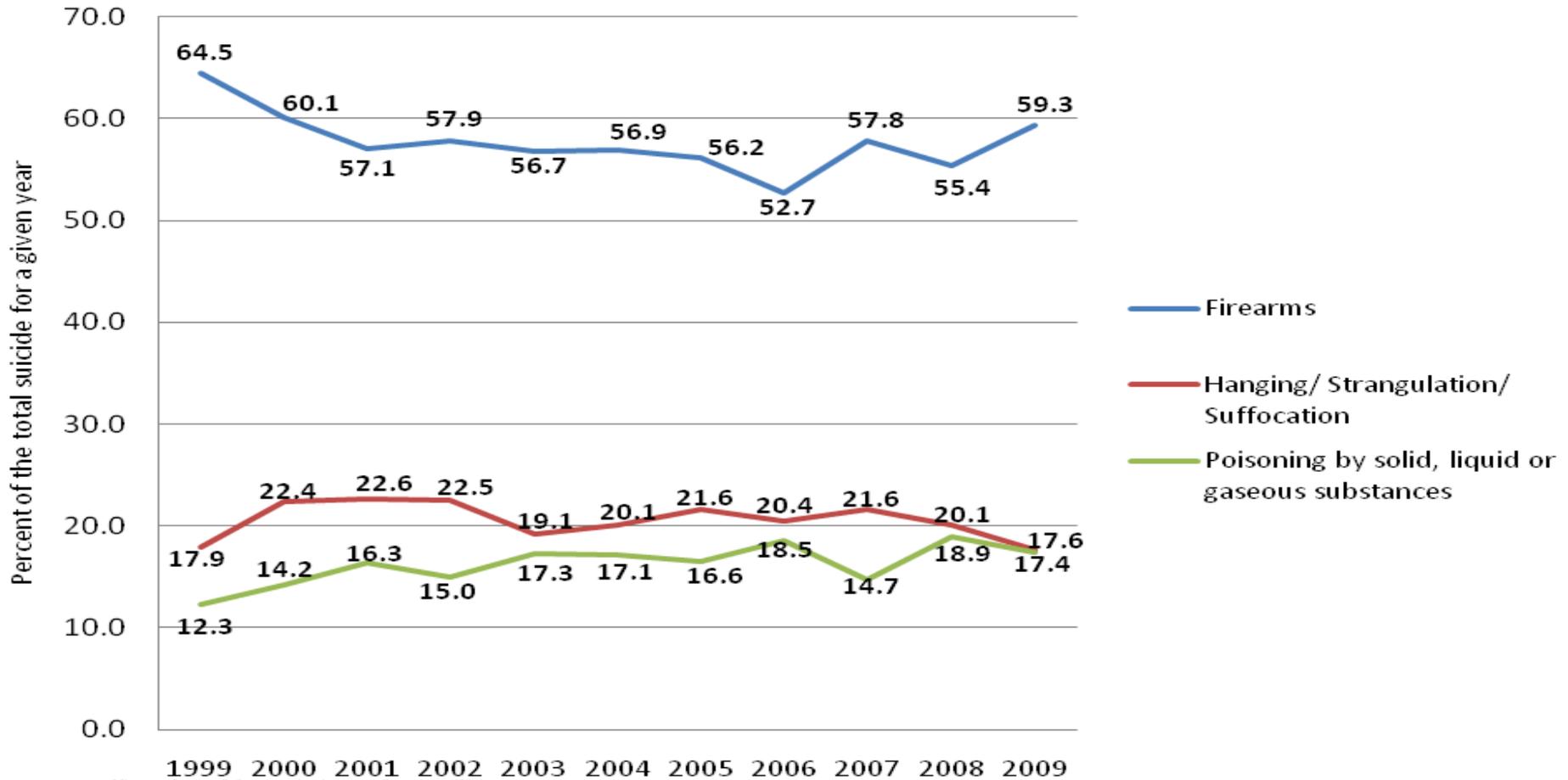


# OSP Initiatives

- ❖ **Early Identification, Intervention and Prevention of Suicide**
  - SOS, Signs of Suicide Education and Screening Program in Washoe, Clark, Storey and Lyon counties
- ❖ **Suicide Prevention Crisis Intervention Services: Hotline and TextToday**-over 3,000 contacts per month
  - OSP has partnered with Crisis Call Center to implement the nation's first 24-hour, text-based crisis intervention service: *TextToday*;
- ❖ **Suicide Prevention Awareness, Education and Training**
  - 2013 = 12,984 Nevadans
  - 2012 = 6,794 Nevadans
  - 2006-2013 total = 30,812 Nevadans
- ❖ **Increase in number of local or regional groups that collaborate with the Office of Suicide Prevention to implement the state plan**
  - Community planning
  - Youth Mental Health First Aid training
- ❖ **Strategic Plan for Service Members, Veterans and their Families**
  - Participating in upcoming policy academy to implement our goals for helping military and veterans' families
- ❖ **Reducing Access to Lethal Means**
  - Suicide-Proof Your Home
  - 11 Commandments of Gun Safety
  - Lok it Up

# Suicide Trends by top 3 Leading Methods (State of Nevada Only)

## Suicide Trends in Nevada by 3 leading Method



Source: NV Office of Health Statistics and Surveillance

## Is your home **SUICIDE-PROOF?**

Even if you think your child is not at risk for suicide, why take chances? These simple steps can help you suicide-proof your home and possibly save a teen's life.



### **MEDICATIONS**

#### **Lock and limit.**

**Fact:** Teens who attempt suicide use medications more than any other method.



### **SUPPORT**

#### **Listen and ask.**

**Fact:** Millions of kids and teens seriously consider attempting suicide every year.



### **FIREARMS**

#### **Remove. Lock.**

**Fact:** Firearms are used in close to half of teen suicide deaths.

## **HOW TO SUICIDE-PROOF**

### **Remove Firearms For Now**

- Ask a trusted friend or family member to keep it temporarily.
- Your local police precinct or shooting club might offer temporary storage.
- At the very least, lock them securely away from ammunition.

### **Limit Medications**

- Don't keep lethal doses on hand. A pharmacist can advise you on safe quantities.
- Consider locking up medications.
- Dispose of any medications you no longer need.

### **Provide Support**

- The warning signs of suicide are not always obvious.
- Pay attention to your teen's moods and behavior.
- If you notice significant changes, ask them if they're thinking about suicide.



**HELP IS AVAILABLE** if you're concerned that someone you care about is at risk of suicide.

**VISIT** [suicideproof.org](http://suicideproof.org)

**NATIONAL SUICIDE PREVENTION LIFELINE:**

24/7 free and confidential.  
 1-800-273-TALK (8255)

**IN CASE OF EMERGENCY:**

Call 911 or visit your local emergency room.

## HISTORICAL FACTS YOU SHOULD KNOW

### On The Average

- 425+ Nevadan's seek medical care for gun related injuries each year. 507 Nevadans die by suicide each year, 280 (55%) used a gun.
- On average 213+ of our youth 0-24 have received medical care for gun injuries. Suicide is the second leading cause of death for adolescents and young adults ages 10-24.
- Almost 200 of our Nevadan's 25-64 years of age are injured by a firearms each year.
- 151 men ages 45-64 take their lives. Of those, 87 (58%) die by suicide with the use of a gun.
- Nevada elders 65+ who die by suicide, use a gun 82% of the time.

## COMMONLY ASKED QUESTIONS

**Does relocating the guns for a while *always* work?**

Reducing access to firearms and other lethal means is only part of a broader suicide prevention plan. Those considered actively suicidal are best protected by not being left alone until they are feeling better. Getting professional help and the support of other family and friends is strongly advised. The Suicide Prevention Lifeline is available 24/7.

**Will a suicidal person just use something else if they can't get a gun?**

Sometimes, yes. But almost every other method is less lethal than a firearm so there's a greater chance the person won't die in their attempt. Also, other methods allow time for rescue or give the attempter some time to change their mind mid-attempt.

## NEVADA COALITION FOR SUICIDE PREVENTION

### Mission Statement

*The Nevada Coalition for Suicide Prevention is dedicated to partnering and collaborating with local and state individuals and organizations for the development and implementation of evidence based suicide prevention, intervention, and postvention strategies and programs in the State of Nevada.*

205 N. Stephanie St. Suite D-149  
Henderson, Nevada 89014

[www.nvsuicideprevention.org](http://www.nvsuicideprevention.org)

To learn ways to get help for your loved one, call the National Suicide Prevention Lifeline:

1-800-273-TALK (8255)



# GUN

# SAFETY

# RULES

11 **10 COMMANDMENTS OF GUN SAFETY**  
Look inside to see What's new!

# Nevada Division of Public and Behavioral Health

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