Exploring Care System Solutions
Two Themes

1. Healthcare providers feel powerless to help
2. Suicidal people find simple things helpful
Language Matters
Choosing Compassionate & Accurate Language

- Died of/by Suicide vs Committed Suicide
- Suicide vs Successful Attempt
- Suicide Attempt vs Unsuccessful Attempt
- Describe Behavior vs Manipulative/Attention-Seeking
- Describe Behavior vs Suicidal Gesture/Cry for Help
- Diagnosed with vs they’re Borderline/Schizophrenic
- Working with vs Dealing with Suicidal Patients

3
Linehan's Stress Model

Stress Level

Time

Stressful Event
“I didn't wake up in the morning and think that I was going to kill myself” – suicide attempt survivor
Cold Water
Cold Water
Cold Water
How to Be

1. Don’t Panic
2. Be Present
3. Offer Hope
What To Do

1. Add crisis line to their phone (800-273-8255)
2. Address guns and preferred suicide method
3. Give them a written caring message
Henry,
I don’t know you well yet, I am glad that you told me a little more about your life. I have lots of hope for you – you’ve been through a lot. I look forward to seeing you again. With care, -Dr. B.

Visit nowmattersnow.org for strategies that have helped us survive and build more manageable and meaningful lives.
@nowmattersnow
have you had suicidal thoughts?
problems that felt unsolvable?

we’ve been there too.
Free Evidence-Based Resource Videos, Safety Plan, Crisis Lines
Linehan's Stress Model

- Opposite Action
- Mindfulness
- Cold Water
- Mindfulness of Current Emotion

Stress Level vs. Time
NowMattersNow.org and Social Justice

1. Part of social justice is providing access to evidence-based tools

2. Coping tools help us survive and thrive in unjust situations