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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~~

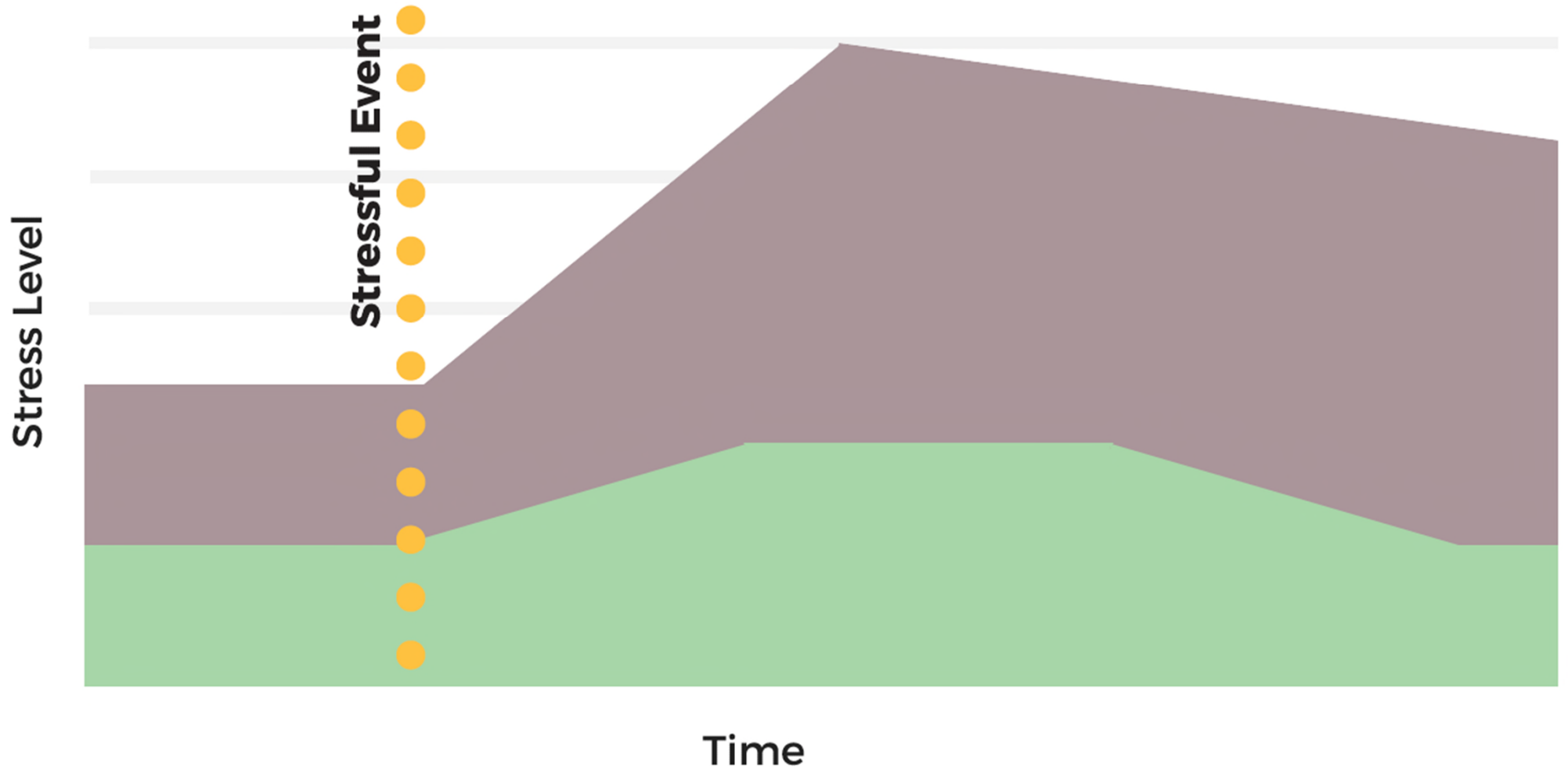
Describe Behavior *vs* ~~Manipulative/Attention Seeking~~

Describe Behavior *vs* ~~Suicidal Gesture/Cry for Help~~

Diagnosed with *vs* ~~they're Borderline/Schizophrenic~~

Working with *vs* ~~Dealing with Suicidal Patients~~

Linehan's Stress Model



***“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

What is a 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   

Caring Message Card

have you had suicidal thoughts?
problems that felt unsolvable?

we've been there too.



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[CRISIS LINES](#)

what is this?

suicidal thoughts

mindfulness

lethal means

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#SuicidePrevention #KPIHP

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[CRISIS LINES](#)

what is this?

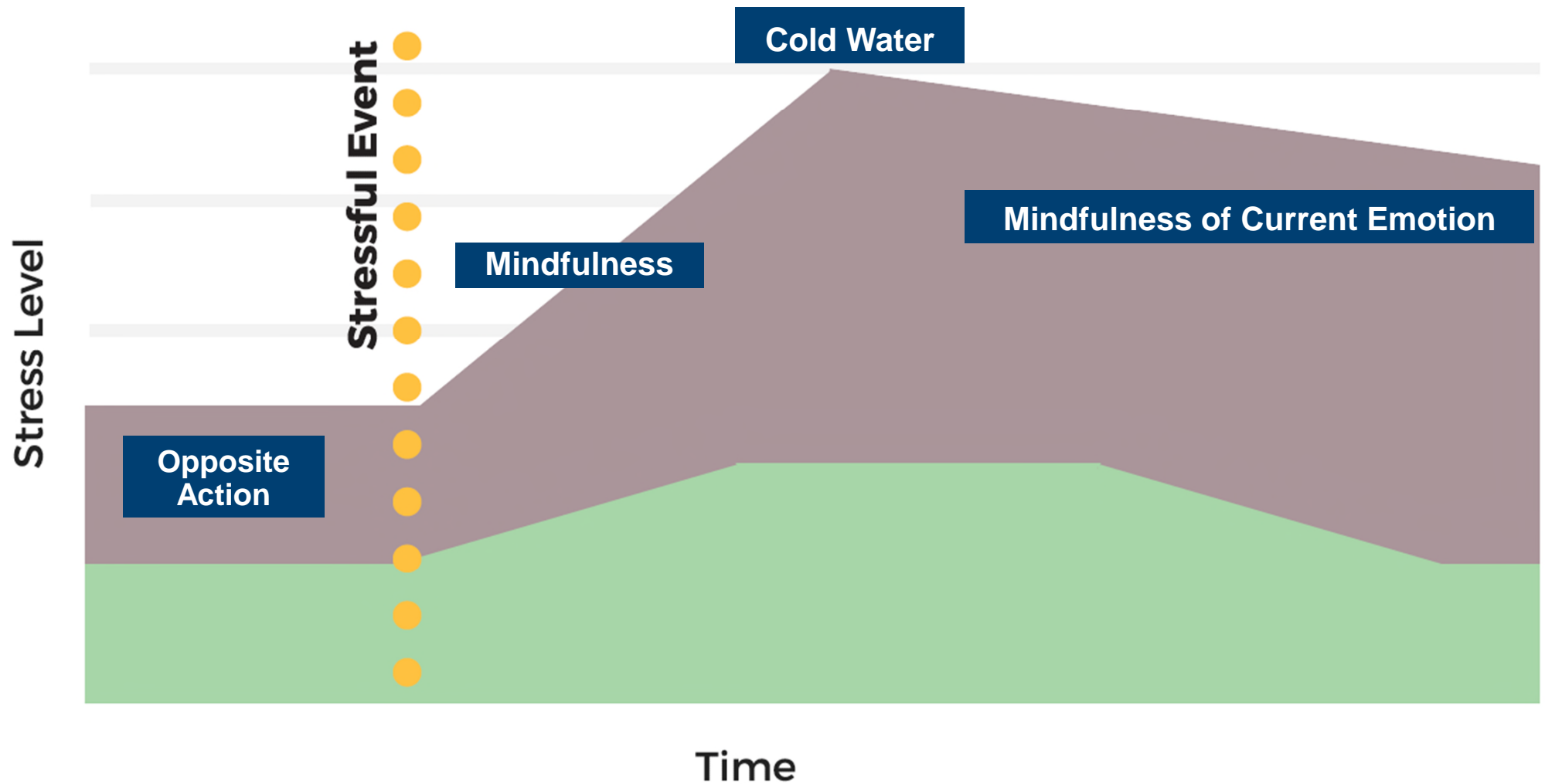
suicidal thoughts

recovery

lethal means

**Free Evidence-Based Resource
Videos, Safety Plan, Crisis Lines**

Linehan's Stress Model



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