

MENTAL HEALTH

Hope Gatekeepers Gives Inspiration



501 (c)(3) nonprofit organization

Community Awareness STATISTICS

Suicide affects all ages. It is the second leading cause of death for people ages 10-34, the fourth leading cause among people ages 34-54, and the fifth leading cause among people ages 45-54

In the United States, women are more likely to attempt suicide, but men are more likely to die by it.

Suicide is the **10th leading cause of death in the United States.** It was responsible for more than 47,500 deaths in 2019, which is about one **death every 11 minutes.**

People can become suicidal when they feel overwhelmed by life's challenges. They lack hope for the future, and they see suicide as the only solution. It's sort of a tunnel vision where other options seem useless. Having a family history of suicide or impulsive behavior is also believed to increase risk of suicidality.

Other risk factors can include:

- History of substance abuse
- Access to firearms
- Difficult life events
- Isolation from others
- History of mental illness
- History of physical or sexual abuse
- Having a terminal or chronic illness
- Past suicide attempts



Words suicidal people use



Everyone
would be
better off
without me.

I should go hang
myself. No one would
care anyway.

I'm tired of living. I
don't want to do it

Dying would be
better.

I hate myself.

I should
kill
myself.

No one will miss
me if I was gone.

I should jump off a bridge.



BE MINDFUL

Not every suicidal person says words or expresses they're thinking about killing themselves. Sometimes, you will see marks on their body such as cut marks on their wrists. Sometimes, people start giving away their belongings.

Look for change in behavior.

MYTH:
Suicide only affects
people with an existing
mental health
condition.



Suicide can be prevented.

Strengthen economic supports

- Strengthen household financial security
- Housing stabilization policies

Strengthen access to and delivery of suicide care

- Coverage of mental health conditions in health insurance policies
- Reduce provider shortages in underserved areas Safer suicide care through system change

Create protective environments

- Reduce access to lethal means among persons at risk for suicide
- Organizational policies and culture Community-based policies to reduce excessive alcohol use

Promote connectedness

- Peer norm programs Community engagement activities

Teach coping and problem-solving skills

- Social-emotional learning programs
- Parenting skill and family relationship programs

Identify and support people at risk

- Gatekeeper training
- Crisis intervention
- Treatment for people at risk of suicide
- Treatment to prevent re-attempts

Lessen harms and prevent future risk

- Postvention Safe reporting and messaging about suicide



Mental Health Check In



Have you been getting enough sleep?



Have you taken time for your spiritual journey?



Have you been eating healthy meals?



Have you been exercising regularly?



Have you been spending time with your loved ones?

Founder's Message



Misty E. Rivera

In 2002, I lost my first husband to suicide. It took me 18 years before I could speak about Jason's death. Today, I am dedicating myself to educating the community about suicide prevention —and hopefully save lives.

Hope is here!



Certified Suicide Prevention Instructor | Children's Book Author
Wife & Mother | Mental Health Advocate

Do your part to end suicide

In CPR training we listen for a heartbeat.
In QPR training we listen for warning signs.

Hope Gatekeepers provides online and in-person suicide prevention training.

What to expect on day of training:

- 60-90 minutes of educational training
- Q&A time with role playing
- Hope Gatekeepers list as a gatekeeper of hope
- Receive local resources and materials
- Receive a certificate of completion

To learn more about the next training please visit
www.hopegatekeepers.com



Call the Lifeline Anytime, 24/7

National Suicide Prevention Lifeline
1-800-273-8255

Nacional de Prevencion del Suicidio
1-888-628-9454

Options For Deaf + Hard of Hearing
For TTY Users: Use your preferred relay
service or dial 711 then 1-800-273-8255

Veterans Crisis Line
1-800-273-8255
Text 838255

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Suicide Prevention | Mental Health

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