

# TALK SAVES LIVES

## LIVE SEMINAR AT DSBA WITH ZOOM OPTION

SPONSORED BY THE DELAWARE LAWYERS ASSISTANCE PROGRAM

**TUESDAY, FEBRUARY 14, 2023 | 1:00 P.M. – 1:00 P.M.**

**1.0 Hour CLE credit for Delaware and Pennsylvania Attorneys**

### ABOUT THE PROGRAM

This CLE will discuss warning signs for suicide in the office or at home. This presentation will provide research data to help us understand, talk about, and support our fellow bar members. Fellow bar member, Victoria Sweeney will speak on behalf of the Delaware Chapter of the American Foundation for Suicide Prevention and be joined by Scott Godshall, Esquire, who is the new Executive Director for DE-LAP. This seminar will be accompanied by a lunch provided by DE-LAP.

### PRESENTERS

Scott Godshall, Esquire  
Delaware Lawyers Assistance Program

Victoria R. Sweeney, Esquire  
Delaware Department of Justice



Visit <https://www.dsba.org/event/talk-saves-lives/> for all the DSBA CLE seminar policies.

*Please note that the attached materials are supplied by the speakers and presenters and are current as of the date of this posting. The Delaware Lawyers Assistance Program (DE-LAP) does not keep records unless under formal monitoring. Federal and state law ensures the confidentiality of those who seek assistance and support through The Delaware Lawyers Assistance Program (DE-LAP) and/or those who have referred an individual to the Program. To contact Scott Godshall, email him at [sdgodshall@de-lap.org](mailto:sdgodshall@de-lap.org) or at 302-777-0124.*

# Presenters

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Scott Godshall, Esquire

*Delaware Lawyers Assistance Program*


Victoria R. Sweeney, Esquire

*Delaware Department of Justice*

## **Scott Godshall**

Scott is the Executive Director for the Delaware Lawyer Assistance Program. He is a former volunteer Board Chair for the Greater Philadelphia Chapter of the American Foundation for Suicide Prevention, as well as the former volunteer and Vice-President of the Lawyers Concerned For Lawyers – PA. He is a member of the Pennsylvania Bar, and a former criminal defense and family law practitioner. Scott is also a worldly renowned movie star, a five-time Olympic gold medal winner (women's volleyball) and a close friend of the King of England.

Victoria Sweeney is a Deputy Attorney General at the Delaware Department of Justice. Victoria represents the State, its agencies, officials and employees in civil litigation involving employment, constitutional and civil rights claims. An advocate for mental health awareness, Victoria began volunteering with The American Foundation for Suicide Prevention (AFSP) in 2014, and serves as Board Member for the Delaware Chapter. Her passion lies in educating and encouraging people to engage in healthy conversations about mental health and promoting resiliency during times of crisis.



# **TALK SAVES LIVES: Suicide Prevention Education for Workplace Settings**



**Speakers:**

**Scott Godshall, Esquire**  
**Executive Director of Delaware**  
**Lawyers Assistance Program (DE-**  
**LAP)**

**Victoria R. Sweeney, Esquire**  
**Delaware Department of Justice**

**February 14, 2023**



**Confidential Line: 302.777.0124**

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[www.de-lap.org](http://www.de-lap.org)



# **Suicide Prevention Education for Workplace Settings**



**American  
Foundation  
for Suicide  
Prevention**

# Learning Objectives

**Following the presentation, participants will be able to:**

1. Describe the scope of the problem of suicide
2. Explain key research findings
3. Recognize suicide risk factors and warning signs
4. Demonstrate how to seek and offer support for yourself or others
5. Explain how to access crisis resources and services for yourself or others

The American Foundation for Suicide Prevention's Talk Saves Lives™: Suicide Prevention Education for Workplace Settings is an educational presentation and is intended for informational purposes only. This presentation is not a substitute for professional medical advice or services. You should not use the information in this presentation for diagnosing or treating a health condition. You should consult a physician or other health care provider in all matters relating to your health, and particularly for (or with respect to) any symptoms that may require diagnosis or medical attention. Any action on your part in response to the information provided in this presentation is at your discretion. The American Foundation for Suicide Prevention (AFSP) makes no representations or warranties with respect to any information offered or provided regarding treatment, action, or application of medication.



# Presentation Overview



**Introduction**



**Scope of the Problem**



**Research**



**Risk Factors & Warning Signs**



**Prevention**



**What You Can Do**



# Introduction

## INTRODUCTION



**Suicide is a  
health issue.**



**Suicide can  
be prevented.**

# Language Do's and Don'ts

### Avoid Saying

- × "Committed suicide"
- × "Failed" or "successful" attempt

### Say

- ✓ "Died by suicide"
- ✓ "Ended their life"
- ✓ "Killed themselves"
- ✓ "Suicide attempt" or "death by suicide"

## INTRODUCTION

# Terminology

- Suicide loss survivor
- Survivor of suicide loss
- Suicide bereaved
- Bereaved by suicide
  - Terms used to describe individuals, family members and friends, of someone who has died by suicide
- Lived Experience
  - Term used when referring to a person who has made a suicide attempt or has struggled with suicidal thoughts

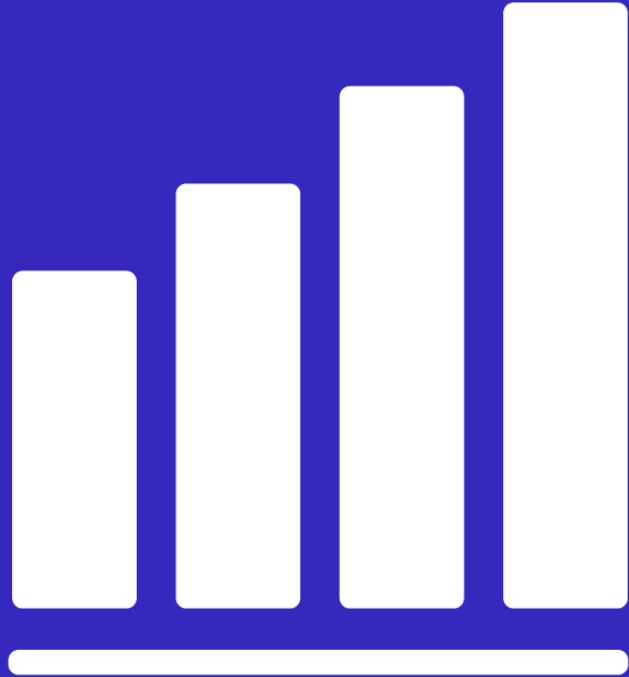
## INTRODUCTION

# Audience Knowledge Check

**Which of the following options should you use to complete the sentence?**

**My cousin Kevin \_\_\_\_\_.**

- A. Committed suicide
- B. Died by suicide
- C. Successfully attempted suicide



# Scope of the Problem

## SCOPE OF THE PROBLEM

# Suicide Data: United States



- **45,979 Americans** died by suicide making it the **12<sup>th</sup> leading cause of death**
- The suicide rate was **13.48 per 100,000** individuals

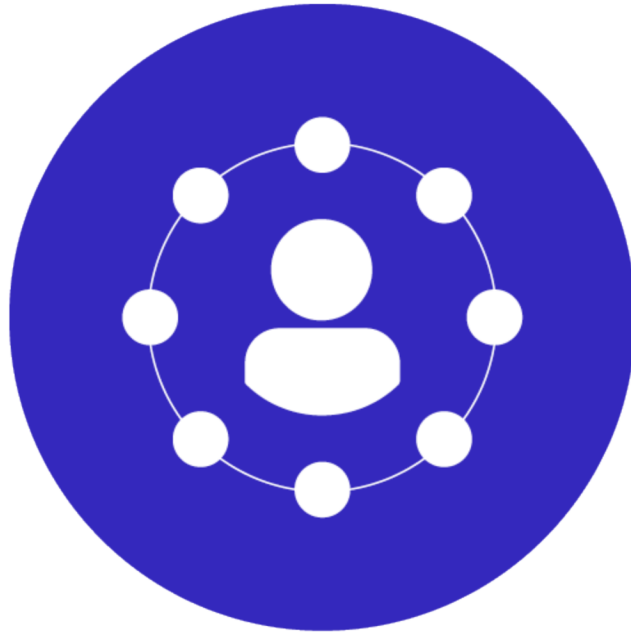


Among **people of working age** (16-64 years):

- Over **35,000 Americans** died by suicide
- The suicide rate was **17.16 per 100,000** individuals



## SCOPE OF THE PROBLEM



**Suicide impacts  
individuals and  
communities.**

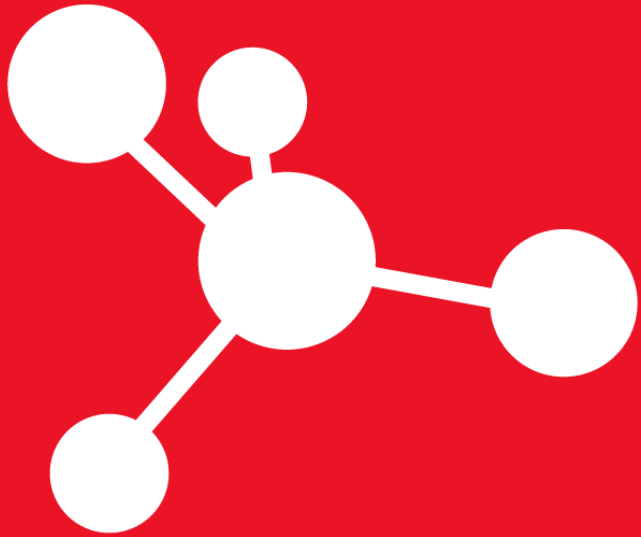
## **SCOPE OF THE PROBLEM**

# **Audience Knowledge Check**

**Which of the following options is correct?**

**In the United States, suicide is the \_\_\_\_\_leading cause of death.**

- A. 1st
- B. 3rd
- C. 5<sup>th</sup>
- D. 12th



**Research**

## RESEARCH



# Why do people take their own lives?

There is no single cause, but rather multiple intersecting factors.

## RESEARCH

# Understanding Suicide Risk

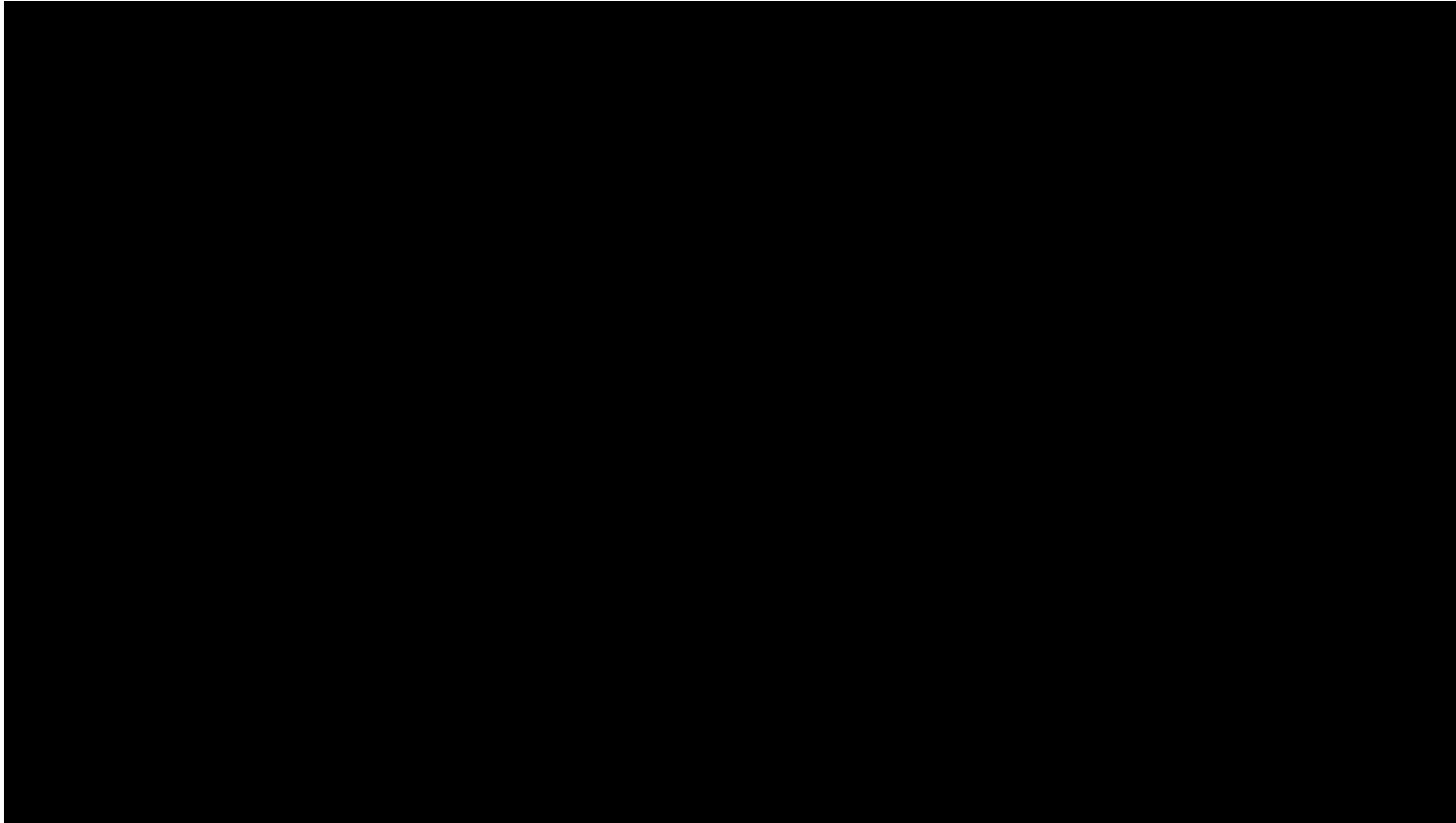
**Most people who are suicidal are ambivalent about taking their life.**

### **The perspective of a suicidal person**

- A crisis point has been reached
- Desperate to escape pain
- Thinking becomes limited

**RESEARCH**

# **Lessons from Suicide Research**



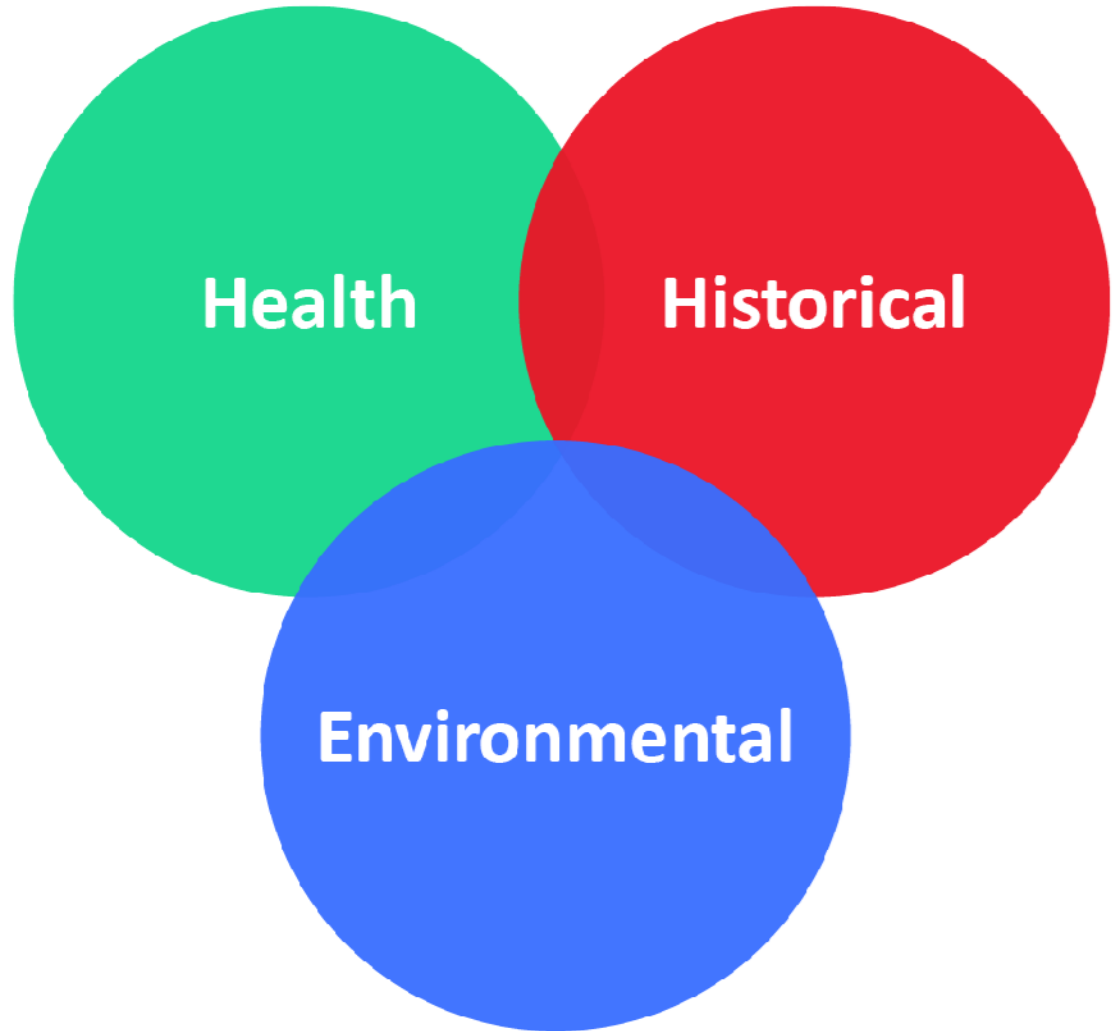


# **Suicide Risk Factors & Warning Signs**

## RISK FACTORS AND WARNING SIGNS

# Suicide Risk Factors

Suicide risk factors can be grouped into three categories





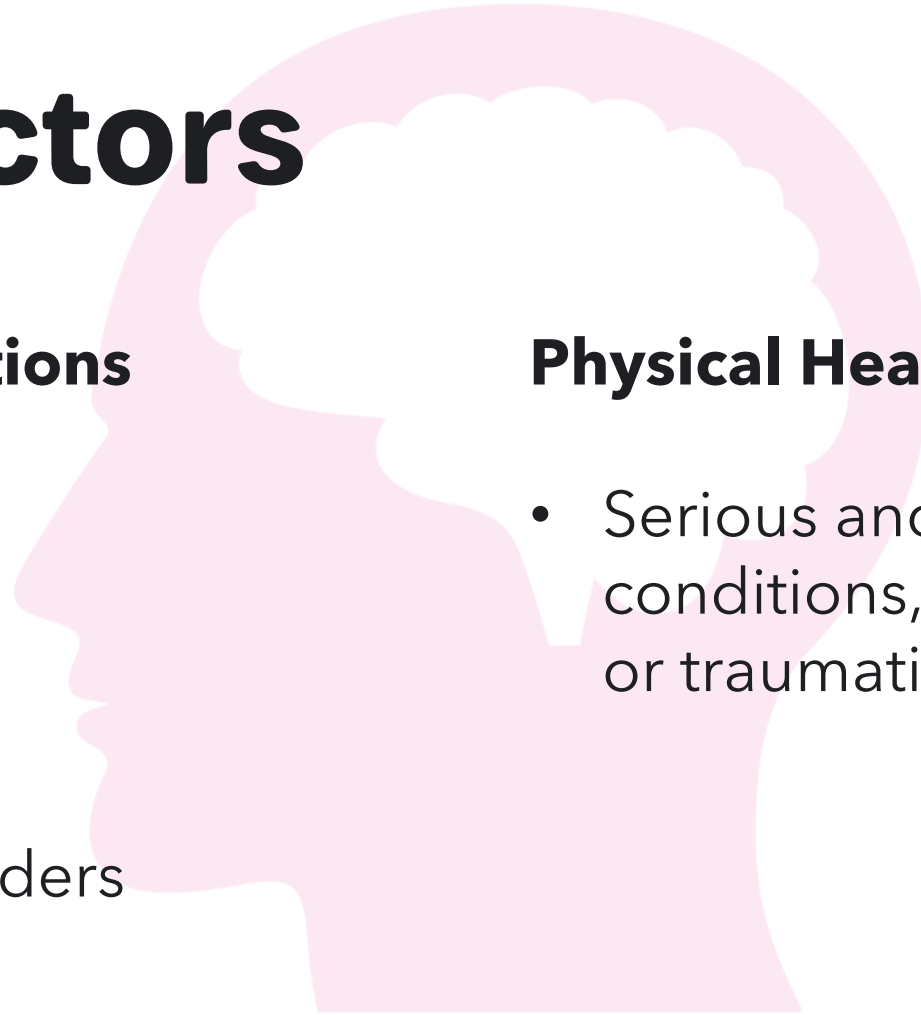
# Health Factors

## Mental Health Conditions

- Depression
- Anxiety
- Bipolar disorder
- Substance use disorders

## Physical Health Factors

- Serious and/or chronic health conditions, including chronic pain or traumatic brain injury



# Historical Factors

- Family history of suicide
- Family history of mental health conditions
- Past trauma
- History of childhood abuse or adverse events
- Previous suicide attempt

## RISK FACTORS AND WARNING SIGNS

# Environmental Factors

- Access to lethal means
- Exposure/Contagion
- Prolonged stress
- Stressful life events
- Work/Job strain
  - Job insecurity and lack of autonomy
  - Lack of variety
  - Work-family conflict/Family-work conflict
  - Heightened job dissatisfaction and feeling “trapped”
  - Work that is not meaningful or rewarding

## RISK FACTORS AND WARNING SIGNS

# Understanding Suicide Risk

### What others may know:

- Recent divorce
- More stress at work

### What they may not know:



**Family history of suicide**



**Depression**



**Drinking more than usual**

## RISK FACTORS AND WARNING SIGNS

# Suicide Warning Signs

**Suicide warning signs can be grouped into three categories:**

1. Talk
2. Behavior
3. Mood



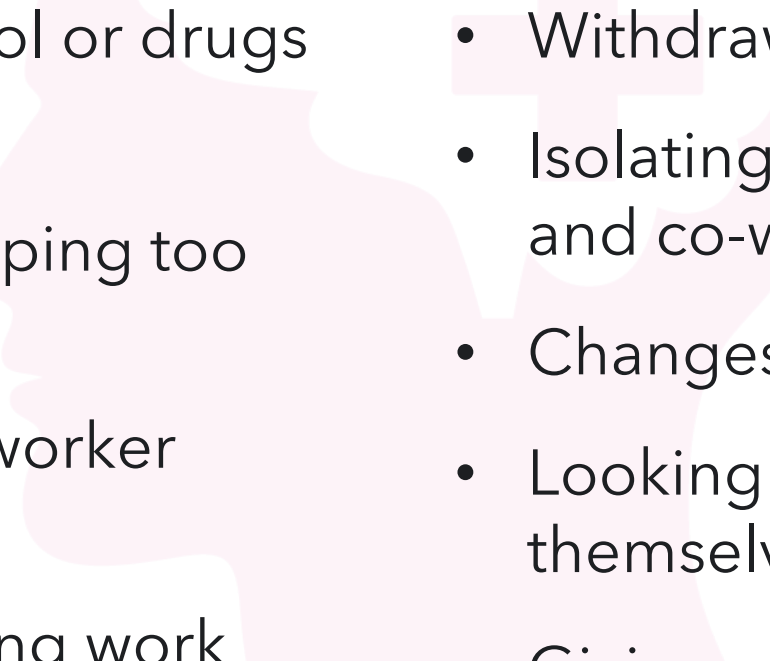
## RISK FACTORS AND WARNING SIGNS

# Talk

- Ending their lives
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Being in unbearable pain

## RISK FACTORS AND WARNING SIGNS

# Behavior

- 
- Increased use of alcohol or drugs
    - drinking in excess
  - Issues with sleep - sleeping too much or too little
  - Acting recklessly - co-worker difficulties, HR issues
  - Missed work or declining work performance and attitude
  - Withdrawing from activities
  - Isolating from family, friends, and co-workers
  - Changes to physical appearance
  - Looking for a way to kill themselves
  - Giving away possessions

## RISK FACTORS AND WARNING SIGNS

# Mood

- Down and depressed
- Apathetic, including a lack of interest, enthusiasm or concern
- Rage, anger and hostility
- Irritability, easily annoyed
- Impulsivity
- Anxious, worried, nervous
- Humiliation





## **RISK FACTORS AND WARNING SIGNS**

# **Audience Knowledge Check**

**Which of the following options is correct?**

**Access to lethal means is a \_\_\_\_\_factor.**

- A. Health
- B. Historical
- C. Environmental



**Prevention**

## PREVENTION

# Protective Factors



- Accessing mental health care
- Positive attitude toward mental health treatment
- Social support and community connectedness
- Effective coping skills
- Problem-solving skills
- Cultural and religious beliefs
- Self-care
- Limiting access to lethal means

## PREVENTION

# Mental Health Care



**Mental health care is an important protective factor for preventing suicide.**

**Being proactive about mental health includes:**

1. Making mental health a priority
2. Seeing a doctor or mental health professional
3. Discussing treatment options
4. Finding what works best for the individual

## PREVENTION

# Social Support + Community Connectedness



- Positive and supportive relationships
- Community connections
- Supportive workplace
  - Fosters social relationships and provides a social structure
  - Offers people a place of purpose and solidarity

## PREVENTION

# Self Care

Self care strengthens mental health. Examples of self care include:



**Exercise**



**Sleep**



**Healthy diet**



**Stress management**

## PREVENTION

# Limiting Access to Lethal Means

Limiting access to means prevents suicide. Examples include:



**CO sensors in cars**



**Barriers on bridges**



**Blister packaging  
for medication**



**Secure firearms**

## PREVENTION

# Audience Knowledge Check

**Mental health care is a protective factor for suicide risk.**

- A. True
- B. False





**What You  
Can Do**

## WHAT YOU CAN DO

# Take care of your own mental health

- Take care of yourself physically and emotionally
- Reach out to trusted family and friends
- Seek help from a mental health professional



## HOW TO SUPPORT OTHERS



**Watch for the  
warning signs in  
yourself and others**



**Reach out -  
have an honest  
conversation**



**Seek help -  
share resources**

WHAT YOU CAN DO

# Watch for Warning Signs



**Talk**



**Behavior**



**Mood**

## WHAT YOU CAN DO

# Reach Out

### What to avoid

- × Minimizing their feelings
- × Convincing them that life is worth living
- × Giving them advice on how to “fix” it

### What to do

- ✓ Talk to the person in private
- ✓ Listen to their story
- ✓ Express concern and caring
- ✓ Ask directly about suicidal thoughts
- ✓ Encourage them to seek help

## WHAT YOU CAN DO

# Have a Caring Conversation

- Start the conversation by stating why you are meeting
- Say that you want to support them and that you are not there to judge them
- Ask open-ended questions
- Listen empathically; if needed, use prompts to continue the conversation
- Listen for warning signs, such as feeling overwhelmed, trapped, or like they are a burden
- Ask directly about suicidal thoughts
- Thank the person for sharing and having a conversation
- Provide resources, as needed

## WHAT YOU CAN DO

# Seek Help – Know the Resources

### Visit

- Primary care provider
- Psychiatric hospital
- Walk-in clinic
- Emergency department
- Urgent care center

### Find a Mental Health Provider

- [mentalhealthamerica.net/finding-help](https://mentalhealthamerica.net/finding-help)

### Suicide Prevention Lifeline

- [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- 1-800-273-TALK (8255)

### Crisis Text Line

- Text TALK to 741 741

### Crisis Chat

- Visit [www.CrisisChat.org](http://www.CrisisChat.org)

**Call 911 for emergencies**

**WHAT YOU CAN DO**

# **Audience Knowledge Check**

**Asking a person about suicide increases their risk for suicide.**

- A. True
- B. False







**@afspnational**

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Prevention**