

# RURAL RESILIENCY

ON THE PALOUSE

Whitman County Suicide Prevention, Intervention and Response Task Force Newsletter

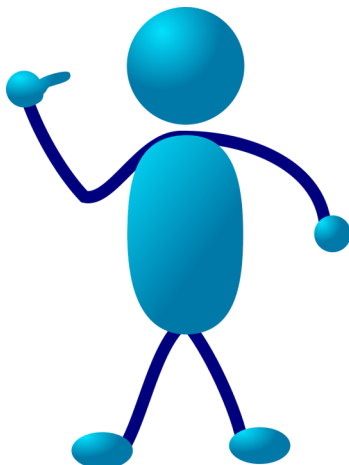
December 2021

## Task Force Members Words of Wisdom

Early on the task force determined our purpose is to build resiliency within our communities, develop effective interventions and responses to a suicidal crisis, and provide support after a death by suicide.

At our fall workshop the task force members offered words wisdom:

- **How we encounter people is important.**
- **You don't know the difference you make.** Showing an act of kindness matters.
- **Opening the conversation is an opportunity** to help people talk about their secret pains.
- Sometimes we avoid intervening for fear of making it worse. Just **listening, bearing witness, being present, ALL makes a difference.**
- **Let's develop our "radar."** Who among us can walk that person/family in need of support?



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## Words of Action

- **Increase awareness of warning signs and what to do.**

Offer Mental Health First Aid Training, QPR Training, and Community Mental Health Tools Class; Identify Crisis Triad: Helplessness-Hopelessness-Negative Change Event.

- **Develop creative communication strategies.**

Conduct regular suicide prevention week train each year in middle school and high school; Develop new screening questions for those at risk.

- **Cultivate community support / youth mentors**

Develop safety nets; Strengthen peer support by identifying people/companions in our communities willing to serve; Start a Natural Helpers program in middle and high school to develop resilience

*"You don't need to be a doctor, or a psychologist, or a therapist to say the right words to someone. It can literally be one word, one sentence, and it just...it just clicks."*

*Halima Shegow  
of Sweden's Revolution Poetry*

*Stories of Hope and Recovery  
[Suicidepreventionlifeline.org/stories/](https://suicidepreventionlifeline.org/stories/)*

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# Resources

## FOREFRONT SUICIDE PREVENTION LEARN<sup>®</sup> SAVES LIVES

Check out this straight-forward five-step process for how **YOU** can, in-the-moment, help with suicide prevention, designed by the U of W Forefront Suicide Prevention project.

See attached, or follow the links below, for direct tips for teens and adults, using LEARN:

<https://inthe forefront.org/wp-content/uploads/2020/09/LEARN-Saves-Lives-Suicide-Prevention-Tips-For-Teens.pdf>

<https://inthe forefront.org/wp-content/uploads/2021/04/Adult-LEARN-the-Steps-to-Prevent-Suicide-Overview-2021.pdf>

From Forefront Suicide Prevention <https://inthe forefront.org/>

### LEARN<sup>®</sup> SAVES LIVES Suicide Prevention Tips

LOOK FOR SIGNS

EMPATHIZE & LISTEN

ASK DIRECTLY ABOUT SUICIDE

REMOVE THE DANGERS

NEXT STEPS



**SAFER HOMES  
SUICIDE AWARE**

Did You Know? The Safer Homes Suicide Aware Program reduces the risk of suicide by offering information safe storage for medications and firearms.

**SUICIDE IS PREVENTABLE**

You do so much to keep your loved ones safe...

- ✓ Car seats
- ✓ Smoke alarms
- ✓ First Aid kits
- ✓ Bike helmets

LOCK UP AND LIMIT ACCESS RX MEDICATIONS AND FIREARMS

Medication overdoses too.  
If you are thinking about suicide, **CALL** the National Suicide Prevention Lifeline 1-800-273-8255 or Text 741-741

**Go to SaferHomesCoalition.org**

These steps protect against suicide/overdose/poisoning

**1 LOCK UP**  
all medications, Rx & over-the-counter, except 1-week supply

**2 LIMIT ACCESS**  
1-day dose of meds for those in mental health crisis

**3 TAKE-BACK**  
go to [takebackyourmeds.org](https://takebackyourmeds.org)

**4 DISPOSE**  
of meds with dirt or coffee grounds; place in your trash

**SAFER HOMES SUICIDE AWARE**

**You Can Save A Life**

For more information, check them out at:

<https://saferhomescoalition.org/what-is-a-safer-home/> Use this QR code to download to steps to protect again suicide/overdose/poisoning.



## MHFA

### *Mental Health First Aid*

"...teaches you how to **identify, understand and respond** to signs of mental illnesses and substance use disorders."

This 8-hour training gives you the skills you need to reach out and provide initial support...and help connect them to the appropriate care."

Visit MHFA on the web at [www.mentalhealthfirstaid.org/](http://www.mentalhealthfirstaid.org/)

## QPR

### *Question. Persuade. Refer.*

"The 3 simple steps anyone can learn to help save a life from suicide."

"As a QPR-trained Gatekeeper you will learn to:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life"

Visit QPR on the web at <https://qprinstitute.com/>