THE FIGHT TO #STOPSUICIDE
Timing is Perfect

- Mental health better understood, less stigma
- The SP movement is gaining strength, those affected are speaking out, getting involved
- More collaboration, consensus on what we do
- Changing attitudes about suicide and MH
Prevention through Partnerships
According to a Recent AFSP-Sponsored Harris Poll

- Nearly 90% of people view physical and mental health as equally important.
- 93% of people would do something to help if someone close to them was thinking about suicide.
- 96% of people think suicide is preventable.

[AFSP.org logo]
Today’s Agenda

• About AFSP
• Why We Fight for the Cause
• How We Fight for the Cause
• The Tipping Point
MISSION

Save Lives and Bring Hope to Those Affected by Suicide
Passion
Community
Harmony
Impact
Wellbeing
In 1987, the organization was founded by researchers and families who had lost loved ones and wanted to take action against this leading cause of death. Today, the American Foundation for Suicide Prevention combines science and the grassroots, and gives those affected by suicide a nationwide movement of over a million people, with chapters in all 50 states.
Today AFSP is…

- The leading national nonprofit org dedicated to suicide prevention, sustainable, fast growing
- Driven by science, evidenced-based
- Engaging those personally affected, mental health professionals and community leaders
- Investing $22 million/year in research, education, advocacy, support to those affected by suicide
About AFSP

AFSP is dedicated to being a resource for:

- Those impacted by suicide
- Those who have lost someone to suicide
- Those who are at risk
About AFSP

AFSP does not provide direct services (hotlines or other call-in services, personal medical care and/or counseling, funeral/memorial services)

- AFSP is **NOT** a crisis center
- AFSP does **NOT** run its own support groups
- AFSP Chapters are **NOT** support groups
- AFSP does **NOT** make grants to other organizations
Why We Fight for the Cause
1. Suicide is the 10th leading cause of death in the U.S., with more than 44,000 Americans dying each year.

2. Suicide is the 2nd leading cause of death for those 10-44 years of age.

3. Suicide deaths exceed those from homicide, war, and natural disasters combined and costs the U.S. $69 billion annually.

4. It is estimated that there are 25 suicide attempts for each death, or more than 1 million suicide attempts per year.
How We Fight for the Cause
Our Work

- Research
- Advocacy
- Prevention Education
- Interactive Screening Program
- Loss & Healing
- Chapters
Research

We provide a combination of Focus Grants, which identify critical areas of short-term risk, and Innovation Grants, which support groundbreaking approaches to suicide prevention.

We partnered with the International Academy of Suicide Research to bring together the world’s top experts in suicide prevention at the International Summit on Suicide Research.
Research

We are the global private leader in suicide research.

AFSP has funded more than 576 research grants totaling over $39 million.
At the National Level

Where is the Federal Funding to Fight Suicide?

In the last 10 years we've invested federal funding to research leading causes of death like HIV/AIDS, heart disease, and prostate cancer and made major progress in their mortality rates. It's time we do the same with suicide.

<table>
<thead>
<tr>
<th>Leading Causes of Death</th>
<th>2013 Funding</th>
<th>2003-2013 Death Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIV/AIDS</td>
<td>$2.9 Billion</td>
<td>53.2%</td>
</tr>
<tr>
<td>Heart Disease</td>
<td>$1.2 Billion</td>
<td>29.1%</td>
</tr>
<tr>
<td>Prostate Cancer</td>
<td>$266 Million</td>
<td>13.7%</td>
</tr>
<tr>
<td>Suicide</td>
<td>$37 Million</td>
<td>20.4%</td>
</tr>
</tbody>
</table>

Death rates taken from Centers for Disease Control data for 2003 and 2013 (most recent available). Each flask represents $1 billion of research funding by the National Institutes of Health.
Prevention Education

Stronger Communities: LGBTQ+ Suicide Prevention

IT'S REAL! COLLEGE STUDENTS AND MENTAL HEALTH

MORE THAN SAD
TALK SAVES LIVES™
An Introduction to Suicide Prevention for Firearm Owners

afsp.org/firearms
Suicide is a health issue.
Suicide can be prevented.
How we talk about suicide matters.
<table>
<thead>
<tr>
<th>Avoid</th>
<th>Say</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Committed suicide”</td>
<td>“Died by suicide”</td>
</tr>
<tr>
<td></td>
<td>“Ended his/her life”</td>
</tr>
<tr>
<td></td>
<td>“Killed himself/herself”</td>
</tr>
<tr>
<td>“Failed” or “successful” attempt</td>
<td>“Suicide attempt” or “death by suicide”</td>
</tr>
</tbody>
</table>
Limiting access to means prevents suicide.
Limiting Access to Means

- CO sensors in cars
- Barriers on bridges
- Blister packaging for medication
- Secure firearms
If you think they might make an attempt soon.

Stay with them

Help them secure or remove lethal means

Escort them to mental health services
Suicide Prevention Lifeline
Call 1-800-273-TALK
Crisis Text Line
Text TALK to 741741
For Emergencies
Call 911
We can create a culture that’s **smart** about **mental health** and **suicide prevention**.
Prevention Education

AFSP’s series of videos featuring those who have struggled with suicide: unscripted interviews with people speaking from their own personal experience.
A Sample of Our Prevention Education and Marketing Materials

See more at afsp.org/education
Loss & Healing

People all over the world gather to gain insight and share stories of healing and hope.

Trained AFSP suicide loss survivors meet in person, by phone, or video chat with the newly bereaved.

*The Journey* series is a set of three documentary films that explore the suicide loss experience over time.
Advocacy & Public Policy

We advocate for policies and legislation at the state and federal levels that help reduce suicide and improve mental health.

We now have nearly 15,000 advocates representing all 50 states.
Suicide Facts & Figures: Washington 2018*

On average, one person dies by suicide every eight hours in the state.

More than five as many people die by suicide in Washington annually than by homicide.

The total deaths to suicide reflect a total of 22,575 years of potential life lost (YPLL) before age 65.

Suicide cost Washington a total of $1,114,435,000 of combined lifetime medical and work loss cost in 2010, or an average of $1,164,509 per suicide death.

8th leading cause of death in Washington

2nd leading cause of death for ages 15-34
4th leading cause of death for ages 35-44
5th leading cause of death for ages 45-54
8th leading cause of death for ages 55-64
16th leading cause of death for ages 65 & older

Suicide Death Rates

<table>
<thead>
<tr>
<th></th>
<th>Number of Deaths by Suicide</th>
<th>Rate per 100,000 Population</th>
<th>State Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>Washington</td>
<td>1,141</td>
<td>14.83</td>
<td>26</td>
</tr>
<tr>
<td>Nationally</td>
<td>44,965</td>
<td>13.42</td>
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*Based on most recent 2016 data from CDC. Learn more at afsp.org/statistics.
ISP

The Interactive Screening Program (ISP) is an online tool for institutions of higher education, organizations and workplaces to identify individuals with significant barriers to help-seeking, and encourages them to utilize available mental health services before crises emerge.

- Students who dialogue with the counselor were 3x more likely to come in for an appointment and 3X more likely to enter treatment
- 75% of students who entered treatment were described by counselors as not likely to have sought professional help without ISP
Walks

AFSP’s Out of the Darkness Walks raise awareness, friends and millions for suicide prevention programs and research.
With 82 chapters nationwide, we are taking prevention to a whole new level.
Chapters

With local programs and events in all 50 states, AFSP's chapters are at the forefront of suicide prevention.

They create a culture that’s smart about mental health through education and community programs, research and advocacy, and support for those affected by suicide.

Our chapters engage with families, mental health professionals, community and local business leaders, school administrators, and others interested in preventing suicide.
AFSP Partnership Programs

- safeTALK
- ASIST
- Mental Health First Aid
- Talking About Suicide & LGBT Populations
- Mental Health Insurance Tools
- Model School District Policy
The Tipping Point
Bold Goal

Reduce the Annual Suicide Rate in the U.S. 20% by 2025

afsp.org/project2025
Bold Goal

AFSP’s Project 2025 is taking actionable steps to save the most lives in the shortest amount of time. In collaboration with other industry leaders, AFSP is focusing on designing programs, supporting policies and sharing interventions that will reduce the suicide rate in the U.S. 20 percent by the year 2025.

Critical Areas

- Large Healthcare Systems (Primary Care & Behavioral Health)
- Emergency Departments
- Firearms
- Corrections System
Suicide is a leading cause of death, and it’s preventable.

Together, we can encourage those who struggle to seek help, improve the quality of their lives and stop this tragic loss of life.
Take Action

- **WALK** in your community
- **VOLUNTEER** to be an advocate
- **GIVE A GIFT**
- **PARTNER** to bring prevention to schools
- **SPONSOR** an event
- **GET TRAINED** to teach programs
Charitable Giving

We keep our administrative costs low and focus on impact.

We are consistently ranked one of the best nonprofit organizations and receive the highest ratings from the Better Business Bureau and the National Health Council.
THANK YOU!