

# Suicide Prevention Training

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What is depression?

Depressed *mood* most  
of the day nearly every  
day

I am weary with my  
groaning; all the night  
make I my bed to swim;  
I water my couch with  
my tears.

Psalm 6:6

# What is depression?

Diminished interest in  
*pleasure*

<sup>2</sup> Have mercy upon me,  
O Lord; for I am weak:  
O Lord, heal me; for my  
bones are vexed.

<sup>3</sup> My soul is also sore  
vexed: but thou, O Lord,  
how long?

Psalm 6:2-3

# What is depression?

Significant *weight* loss  
or gain

<sup>4</sup> My heart is smitten, and  
withered like grass; so that  
I forget to eat my bread.

<sup>5</sup> By reason of the voice of  
my groaning my bones  
cleave to my skin.

Psalm 102:4-5

# What is depression?

*Insomnia* or  
*hypersomnia*

**I watch**, and am as a  
sparrow alone upon the  
house top.

Psalm 102:7

What is depression?

Psychomotor agitation  
or retardation

Stand in awe, and sin not:  
commune with your own  
heart upon your bed, and  
be still. Selah.

Psalm 4:4

What is depression?

*Fatigue*

For my days are consumed  
like smoke, and my bones  
are burned as an hearth.

Psalm 102:3

# What is depression?

Feelings of  
worthlessness

But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O Lord, take away my life; for I am not better than my fathers.

1 Kings 19:4

# What is depression?

Diminished ability to  
think or concentrate

When I remember these things, I pour out my soul in me: for I had gone with the multitude, I went with them to the house of God, with the voice of joy and praise, with a multitude that kept holyday.

Psalm 42:4

# What is depression?

Recurrent thoughts of death or suicide

<sup>3</sup> For my soul is full of troubles: and my life draweth nigh unto the grave.

<sup>4</sup> I am counted with them that go down into the pit: I am as a man that hath no strength:

<sup>5</sup> Free among the dead, like the slain that lie in the grave, whom thou rememberest no more: and they are cut off from thy hand.

<sup>6</sup> Thou hast laid me in the lowest pit, in darkness, in the deeps.

Psalm 88:3-6

# Types and Causes of Depression

- Major Depressive Disorder

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- Bipolar Disorder

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- Major Depressive Disorder
- Bipolar Disorder
- Persistent Depressive-Disorder (Dysthymia)
- Cyclothymic Disorder
- Situational Factors

# **Suicide 101: True or False**

- 1. True or False** Most suicides occur in the dark and dreary months of the Winter.
- 2. True or False** People who talk about suicide rarely commit suicide.
- 3. True or False** The majority of completed suicides take place between 11 PM and 4 AM.

## **Suicide 101: True or False . . .**

- 4. True or False** Improvement in a personal crisis or serious depression means that the risk of suicide is over.
- 5. True or False** In teenagers, the break-up of a boy or girl relationship has little to do with their suicide risk.
- 6. True or False** Females are more likely than males to kill themselves.

## Suicide 101: True or False . . .

7. **True or False** People with a family history of suicide are less likely to attempt suicide.

8. **True or False** People who commit suicide do not wish to continue living.

9. **True or False** There is little another person can do to stop someone from committing suicide.

# Suicide 101: True or False

1. Most suicides occur in the dark and dreary months of the Winter. False

## Suicide Season Starts Now: Why April Really is the Cruellest Month

POSTED MARCH 23, 2011 12:04PM BY JOSHUA HOOBERMAN, PH.D

**TAGS:** DELUSIONS OF NORMALCY, DR. JOSHUA HOOBERMAN, GEORGE BAILEY, GET HELP, MENTAL HEALTH, MORK, SPOCK, SUICIDE PREVENTION, SUICIDE SEASON, SUICIDES, TS ELIOT

T.S. Eliot once wrote that “April is the cruellest month,” and I’m thinking he might be right.

Every December at my hospital, without fail, a colleague will aver that we must be attuned to increase suicide risk during the holidays. As a suicidologist (yes, that is a word), it’s my duty to dispel the myth of holiday-suicide-increases; suicides are, in fact, highest in the spring and summer months. What ensues is usually a shocked, “hubbub, hubbub” moment amongst my colleagues.

It is true. Recent reports indicate that suicide rates are the highest between the months of April and July. Furthermore, suicide rates are actually *lowest* nationally during the holiday season, in the months of November and December. I can verify a consistent pattern in my facility of employ for the past few years.

But this clearly defies commonly held opinion — so why is this the case? To be honest, there is no definitive answer to this spring-time suicide increase. However, I will attempt to provide an explanation, based partially on my own opinion and on the current theories.

## Suicide 101: True or False

2. People who talk about suicide rarely commit suicide.

**False**

DEAR MR. ~~WATSON~~

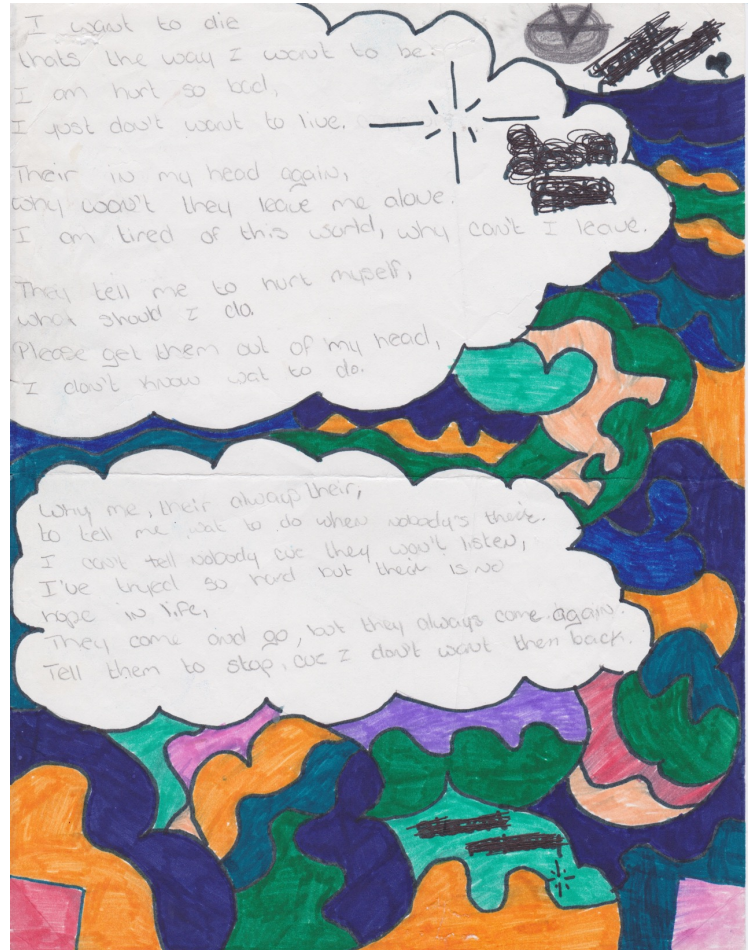
I NEED TO SEE MY ~~WATSON~~ <sup>WATSON</sup>  
BEFORE I GO TO THE COTTAGE AND  
KILL MYSELF CAUSE I DONT WANT  
TO GO TO CAROL SO AM GOING TO  
KILL MYSELF AND IN THE MORN  
6:25 PM AM NOT PLAYING  
I AM TELL MRS SMITH TO KILL MY  
MOM I LOVED HER AND I DONT WANT  
TO KILL MYSELF BUT I HAD TO  
AM NOT KENNEDY NO MORE I DONT  
DARE IF I LOVE OF DIS SO THATS  
WHAT AM GOING DO KILL MY  
SELF.

P.S. ITS BEEN

NICE NOING  
YOU 😊

Mr. ~~Don~~ i need you on ~~the~~ ~~line~~ ~~is~~  
i need to talk to him cos cause the  
Special i need to see him coslyce in  
cause i need to kill my help  
and i need to go see him coslyce

AM I ONLY  
KILL MY SELF  
WHEN I GO TO THE  
COTTAGE. SIGH



## Suicide 101: True or False

3. The majority of completed suicides take place between 11 PM and 4 AM. False

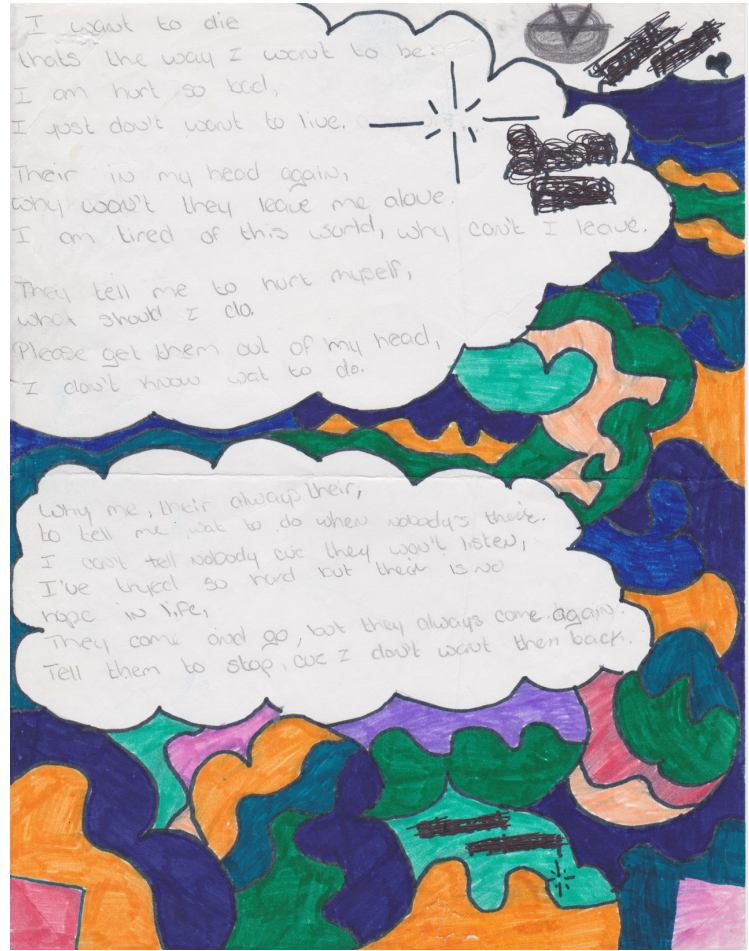
## Suicide 101: True or False . . .

4. Improvement in a personal crisis or serious depression means that the risk of suicide is over False

## Suicide 101: True or False . . .

5. In teenagers, the break-up of a boy or girl relationship has little to do with their suicide risk

**False**



## Suicide 101: True or False . . .

6. Females are more likely than males to kill themselves

False

## Suicide 101: True or False . . .

7. People with a family history of suicide are less likely to attempt suicide. False

## Suicide 101: True or False . . .

8. People who commit suicide do not wish to continue living. False

## Suicide 101: True or False . . .

9. There is little another person can do to stop someone from committing suicide. False

### Why do adolescents attempt suicide?<sup>56</sup>

These results are from 120 adolescents who had attempted suicide.

<i>Reason</i>	<i>Percent that Endorsed</i>
To get relief from a terrible state of mind	68
To die	67
To escape for a while from an impossible situation	66
To make people feel sorry for the way they've treated you; frighten or get someone back	35
To make people understand how desperate you are feeling	34
To find out whether someone really loved you or not	32

# Risk Factors for Suicide

- Recent trauma
- Specific suicide plan
- Preoccupation with earlier abuse
- Giving away prized possessions
- Radical change in behavior
- Isolating from others
- Reading material about methods to commit suicide
- References to what life will be like after death
- Demeaning statements
- Making arrangements for death

PHONE  
AND  
CRISIS  
COUNSELING

CRISIS COUNSELING  
THERE IS HOPE  
MAKE THE CALL  
THE CONSEQUENCES OF  
JUMPING FROM THIS  
BRIDGE ARE FATAL  
AND TRAGIC.



# What can you do?

- Attend

# What can you do?

- Attend
- Listen

```
graph LR; A[Ruminating] --> B[Negative Beliefs]; B --> C[Depression];
```

Ruminating

Negative  
Beliefs

Depression

# What can you do?

- Attend
- Listen
- Care

# What can you do?

- Attend
- Listen
- Care
- Respond

# What can you do?

- Attend
- Listen
- Caring
- Respond
- Act

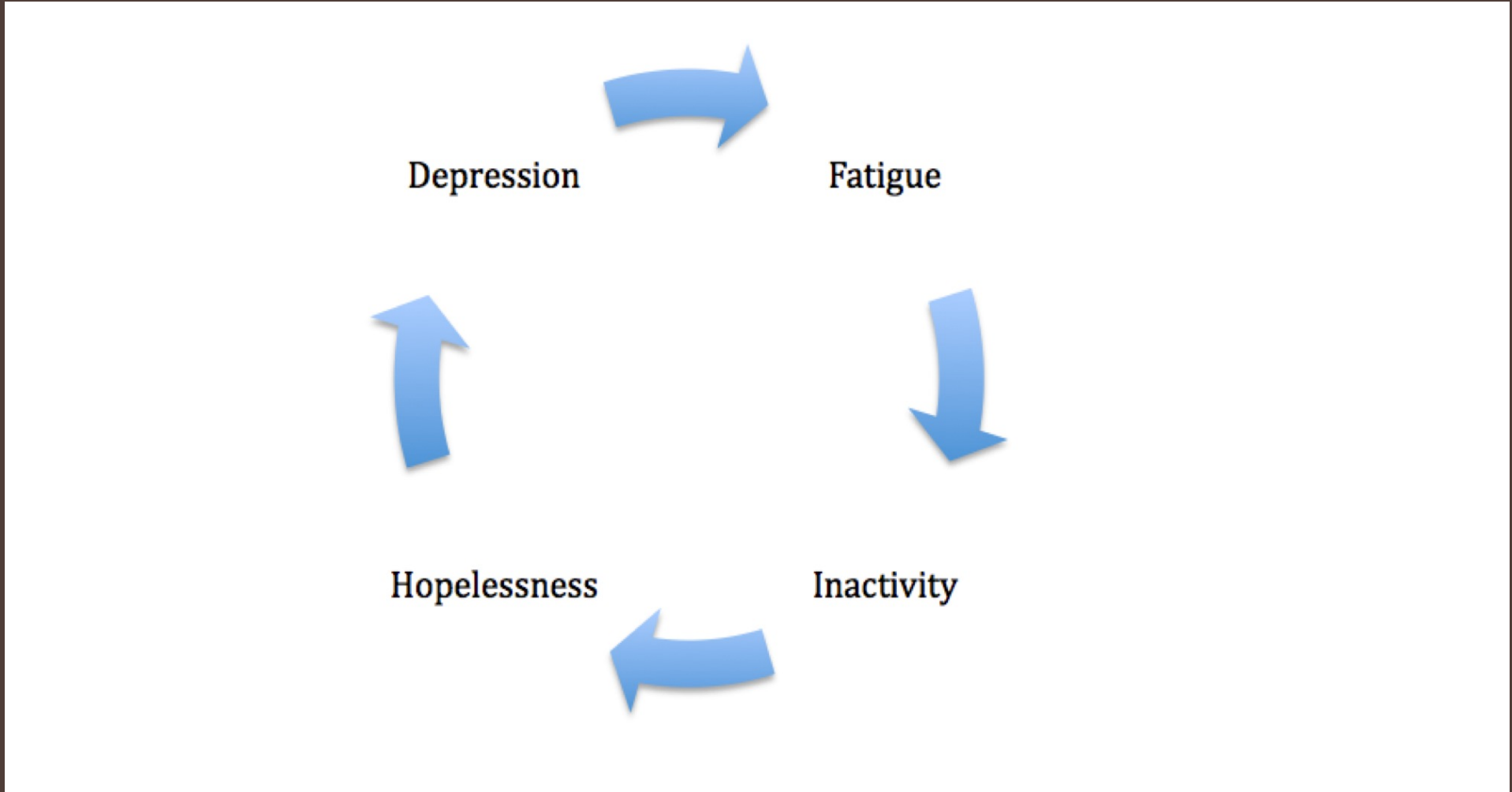
Depression

Fatigue



Hopelessness

Inactivity



Increased  
Activity

Hopeful



More  
Energy

Improved  
Mood



# What can you do?

- Attend
- Listen
- Caring
- Respond
- Act
- Find the Inn

## After a Suicide

- Be alert for copycats
- Address should of, would of and could of
- Be careful about glorifying the one who has taken their life

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