



Suicide Prevention with COVID 19 Pandemic

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Most Vulnerable Populations

- ▶ Younger adults, racial/ethnic minorities, essential workers, and unpaid adult caregivers reported having experienced disproportionately worse mental health outcomes, increased substance use, and elevated suicidal ideation
- ▶ front-line health workers, people awaiting test results, and those affected by coronavirus-related bankruptcy. .



Personal Concerns

- Fear that you or your loved ones will get COVID-19
- No chance to be with and comfort your loved one who is seriously ill or dying in the hospital
- Grief over the loss of a loved one to COVID-19 or another illness
- Social isolation, especially if you live alone or in a facility where visitors are temporarily not allowed
- Being in close quarters with family under stay-at-home orders, which could increase the risk of spouse, partner or child abuse
- Starting or worsening of alcohol or drug misuse
- Having other mental health disorders, such as major depression, bipolar disorder, post-traumatic stress disorder or an anxiety disorder



Work Related Concerns

- Anxiety due to working in a high-risk environment, such as in a hospital or nursing home, or being a first responder
- Feeling overwhelmed working in crowded health care facilities that treat people with COVID-19, especially in places that may have a shortage of personnel and personal protective equipment
- Feeling burned out and frustrated as a health care worker because you feel that you couldn't do enough for people with COVID-19 who died
- Fear and anxiety about the increased risk of COVID-19 because you're an essential worker, such as a worker in the food or transportation industry, whose job requires serving the public in person
- Worry about or actual loss of a job or business, causing financial hardship
- Worry about how you'll provide basic needs for yourself and your family if you're out of work for an unpredictable amount of time or if you lose your job



Warning Signs

- ▶ Talking about suicide: for example, making statements such as "I'm going to kill myself" or "I wish I were dead"
- ▶ Getting the means to take your own life, such as buying a gun or stockpiling pills
- ▶ Withdrawing contact with others more than usual, even though staying at home may be recommended during the COVID-19 pandemic: for example, not responding to any type of communication from others, such as calls, texts or other messages
- ▶ Having mood swings, such as being emotionally high one day and deeply discouraged the next
- ▶ Being preoccupied with death, dying or violence
- ▶ Feeling trapped or hopeless about a situation
- ▶ Excessively using alcohol or drugs
- ▶ Changing your normal routine, including eating or sleeping patterns
- ▶ Doing risky or self-destructive things, such as using drugs or driving recklessly
- ▶ Giving away belongings or getting affairs in order when there's no other need to do so
- ▶ Saying goodbye to people as if they won't be seen again
- ▶ Developing personality changes or being severely anxious or agitated



Role of mental health professionals

- Recognizing symptoms
- Looking out for potential risks
- Individual and Group Counseling
- Research
- Advocating for rights of victims to help them get better access to quality mental healthcare treatment
- Disseminating information via mass media, creating awareness, carrying out prevention programs
- Startup Help lines
- Community outreach

Strategies, Programs, and Practices to Consider





How can I help

- Ask: “Are you thinking about killing yourself?”
- Keep them safe
- Be there
- Help them connect
- Stay Connected



National Suicide Hotlines

- ▶ National Suicide Prevention Hotline
 - ▶ 1-800-273-8255
- ▶ Veteran Crisis Hotline
 - ▶ 1-800-273-8255 option 1
 - ▶ TEXT: 838255
- ▶ Crisis Text Line
 - ▶ TEXT: 741741
- ▶ National Helpline
 - ▶ 1-800-662-4357
- ▶ The Trevor Project
 - ▶ 1-866-488-7386
 - ▶ Text: Trevor to 202-304-1200



Thank you!

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