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# The Importance of Suicide Prevention Education

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**Chi Catalone, LMSW**

Extension Educator



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# Ask A Question, Save A Life.

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QUESTION. PERSUADE. REFER.

Figure 1  
QPR 2021 Suicide Statistics

## Big Picture: Adult Numbers



### SUICIDE IS THE 3<sup>rd</sup> LEADING CAUSE FOR YOUNG PEOPLE (15 to 24 yrs)

- Almost tripled since 1950
- The leading cause in some states

## Think. Plan. Attempt. Die.

An estimated 10 million adults think about suicide each year.

1.2 million plan a method.

Like a gun, MVA, etc.

750,000 attempts.

And that's a conservative estimate.

Approximately 48,000+ people die by suicide.

(CDC WONDER, n.d.; Pennsylvania Commission on Crime and Delinquency, 2021; QPR Institute, Inc., n.d.; Substance Abuse and Mental Health Services Administration, 2021)

Source: National Co-morbidity Study, CDC and NIMH

# — IMPORTANT

**Talking about  
suicide does not  
increase suicidal  
thinking.**

**Asking about  
suicide can and  
does save lives.**



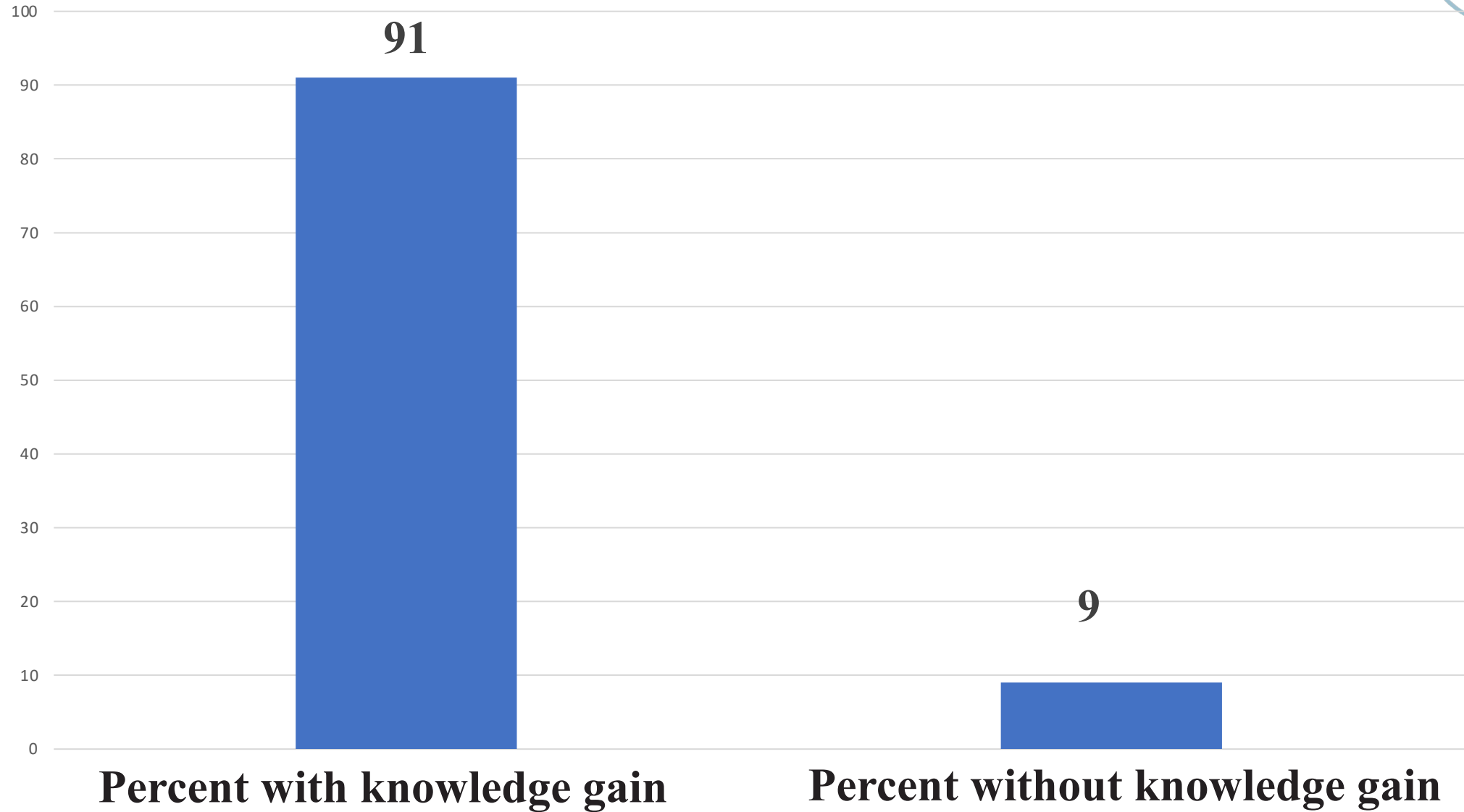
# Impact

- **Data collected pre- and post-training in four areas:**
  1. **knowledge**
  2. **confidence**
  3. **attitude**
  4. **behavioral application**
- **75 of 118 evaluations received back— a 63.5% response rate**



# Knowledge of how to ask someone about suicide

n=75

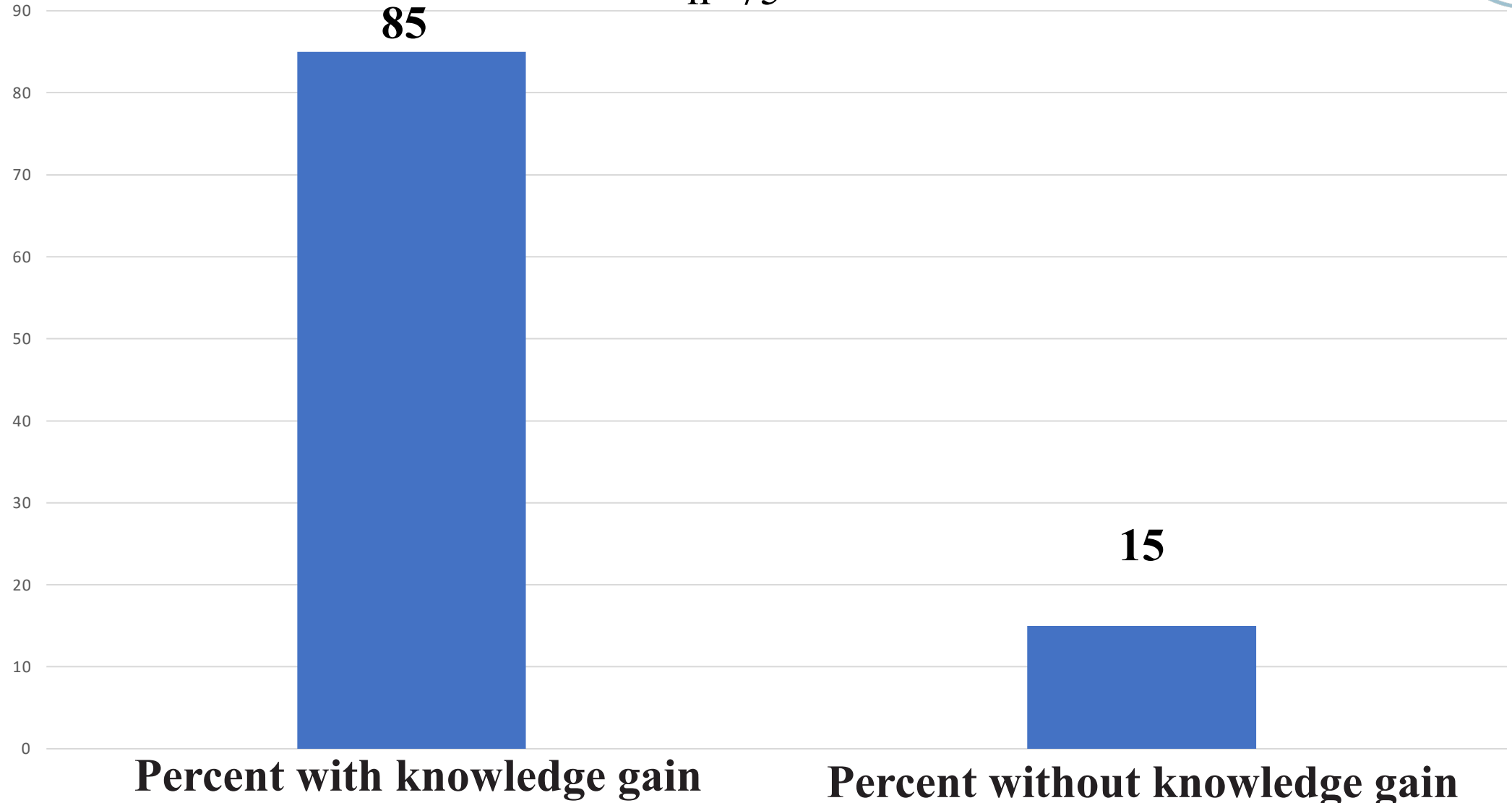


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# Knowledge of how to persuade someone to get help



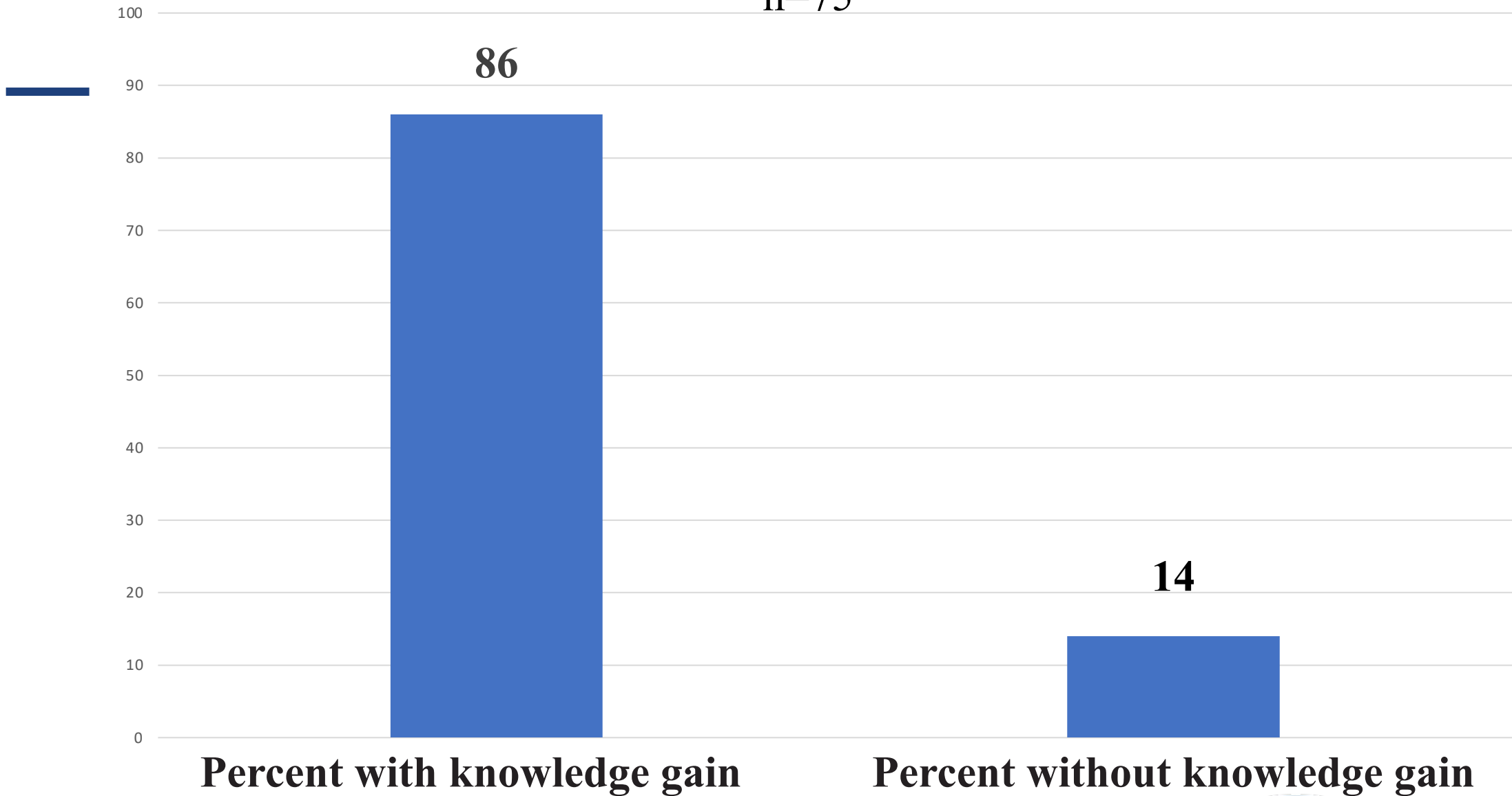
n=75



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# Knowledge about referral resources

n=75





# — Working together we will move ahead!



**We must train:**

- **hundreds to save one**
- **thousands to save hundreds**
- **millions to save thousands**

**Preventing suicide, it's what people do!**

# Interested in learning more?



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Email Chi Catalone:

[cjb7092@psu.edu](mailto:cjb7092@psu.edu)

# References:

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# Image Credits:

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- Slide 2, 4, 6-8 – QPR Institute Logo / <https://qprinstitute.com/>
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# Thank you!



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