

CFMA Suicide Prevention Summit

April 25, 2017



Welcome

Jennifer Murphy

Pleune Service Company

CFMA Western Michigan Chapter

CFMA & Construction Industry Alliance for Suicide Prevention

Joe McLaughlin, CPA, CCIFP
CFMA Vice Chairman
Dallas/Fort Worth Chapter

Austin Industries, Inc.
Chief Accounting Officer



#SuicidePreventionCFMA

- **Why are we here?**
Our people need us!

**Suicidal employees
are only invisible
if no one is looking.**

Keep an eye out for these warning signs:

- Increased tardiness and absenteeism
- Decreased productivity
- Decreased self-confidence
- Isolation from peers
- Agitation and increased conflict among co-workers
- Increased feelings of being overwhelmed
- Decreased problem solving ability
- Legal and illicit substance abuse
- Near hits, incidents and injuries

Construction workers are statistically at a higher risk for mental health issues than virtually every other profession.

If you or someone you know is feeling depressed or suicidal, both you and they are not alone. **There are others in our industry who can relate, and more importantly, others who can help.**

**NATIONAL
SUICIDE
PREVENTION
LIFELINE**
1-800-273-TALK (8255)
suicidepreventionlifeline.org

BUILDING A ZERO SUICIDE INDUSTRY.

BROUGHT TO YOU BY THE CONSTRUCTION INDUSTRY
PARTNERSHIP FOR SUICIDE PREVENTION

**CONSTRUCTION
FINANCIAL
MANAGEMENT
ASSOCIATION**
CFMA

Design provided by  **JP Griffin Group** www.griffinbenefits.com 480.257.1500

• Why Construction?

Construction industry is #1 in number of suicides and #2 in suicide rate



Mental health can't be fixed with duct tape.

Be on the lookout for these warning signs:

Likely Risk	Immediate Risk	Serious Risk
<ul style="list-style-type: none">• Previous suicide attempts• History of depression or other mental illness• Alcohol or drug abuse• Family history of suicide or violence• Physical illness• Feeling alone	<ul style="list-style-type: none">• Talking about wanting to die or to kill oneself. Communication may be veiled: "I just can't take it anymore," or "What's the use?"• Looking for ways to kill oneself, such as searching online or obtaining a gun• Talking about feeling hopeless or having no reason to live	<ul style="list-style-type: none">• Talking about feeling trapped or in unbearable pain• Talking about being a burden to others• Increased use of alcohol or drugs• Acting anxious or agitated; behaving recklessly• Sleeping too little or too much• Withdrawing or feeling isolated• Showing rage or talking about seeking revenge• Extreme mood swings

If you are feeling overwhelmed, depressed, or even suicidal, you are not alone. In fact, construction workers are statistically at a higher risk for mental health issues than virtually every other profession.

Visit [ManTherapy.org](https://www.ManTherapy.org) for innovative and customized online tools and actions for mental health treatment and recovery.

For more urgent assistance, please reach out to the **National Suicide Prevention Lifeline** right away.

BUILDING A ZERO SUICIDE INDUSTRY.
BROUGHT TO YOU BY THE CONSTRUCTION INDUSTRY PARTNERSHIP FOR SUICIDE PREVENTION

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

CONSTRUCTION FINANCIAL MANAGEMENT ASSOCIATION
CFMA

Design provided by  **JP Griffin Group** www.griffinbenefits.com 480.257.1500

• What can we do?

*Embrace Mental Health and Wellness
as much as they do Physical Wellness
and create a Caring Culture*

**Face suicide
warning signs
before it's too late.**

- Increased tardiness and absenteeism
- Decreased productivity
- Decreased self-confidence
- Isolation from peers
- Agitation and increased conflict among co-workers
- Increased feelings of being overwhelmed
- Decreased problem solving ability
- Legal and illicit substance abuse
- Near hits, incidents and injuries



• Where Are We At?



Construction workers are statistically at a higher risk for mental health issues than virtually every other profession.

In fact, our industry ranks 9th when it comes to suicide. There are a multitude of reasons why the odds are stacked against us, including the general demographics of our workforce as well as the nature of the work we do.

If you or someone you know is feeling depressed or suicidal, both you and they are not alone. **There are others in our industry who can relate, and more importantly, others who can help.**

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Be alert for these warning signs:

- Increased tardiness and absenteeism
- Decreased productivity
- Decreased self-confidence
- Isolation from peers
- Agitation and increased conflict among co-workers
- Increased feelings of being overwhelmed
- Decreased problem solving ability
- Legal and illicit substance abuse
- Near hits, incidents and injuries

BUILDING A ZERO SUICIDE INDUSTRY.

BROUGHT TO YOU BY THE CONSTRUCTION INDUSTRY
PARTNERSHIP FOR SUICIDE PREVENTION



CONSTRUCTION + SUICIDE PREVENTION: WHY IS THIS AN INDUSTRY IMPERATIVE?

10 Questions LEADERS
MUST ASK Themselves

By SALLY SPENCER-THOMAS & CAL BEYER

Construction + Suicide Prevention: 10 Questions Leaders Must Ask Themselves/Sally Spencer-Thomas & Cal Beyer ©2016 CFMA

SUICIDE PREVENTION IS A HEALTH & SAFETY PRIORITY IN CONSTRUCTION:

A CALL TO ACTION FOR CONSTRUCTION COMPANY
OWNERS, CEOs/PRESIDENTS & C-SUITE LEADERS

...the construction industry's "culture of safety" is limited to the physical aspects and neglects the psychological aspects. According to a recent article in *The New York Times*, between 1999-2014, there was a **crisis in mortality among white, middle-aged men** with less than a college education; suicides, opioid overdoses, and alcohol abuse were listed as the causes of this increased mortality.

...population most likely to die by suicide - white, working-age men - construction workforce. According to a report recently released by the Centers for Disease Control (CDC), workers in construction have the **second-highest suicide rate** of all occupational groups.

CALL TO ACTION Construction + Suicide Prevention: 10 Questions Leaders Must Ask Themselves/Sally Spencer-Thomas & Cal Beyer ©2016 CFMA



www.cfma.org/suicideprevention



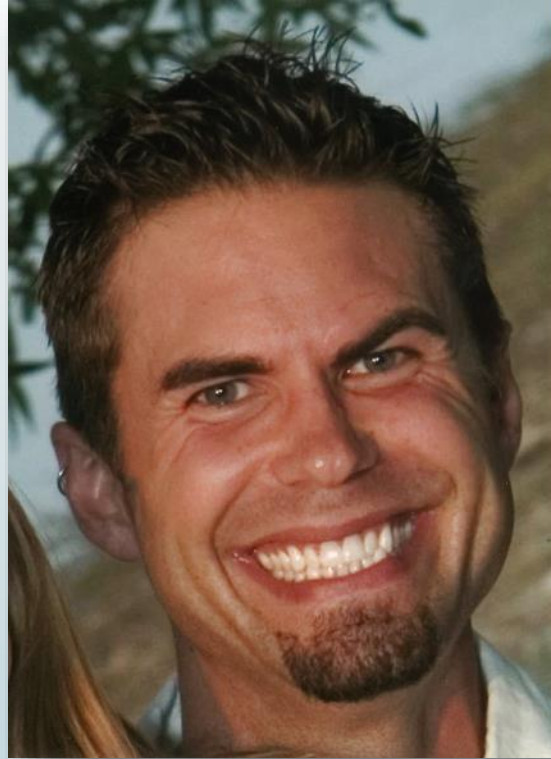


Lived Experience

Bob Swanson

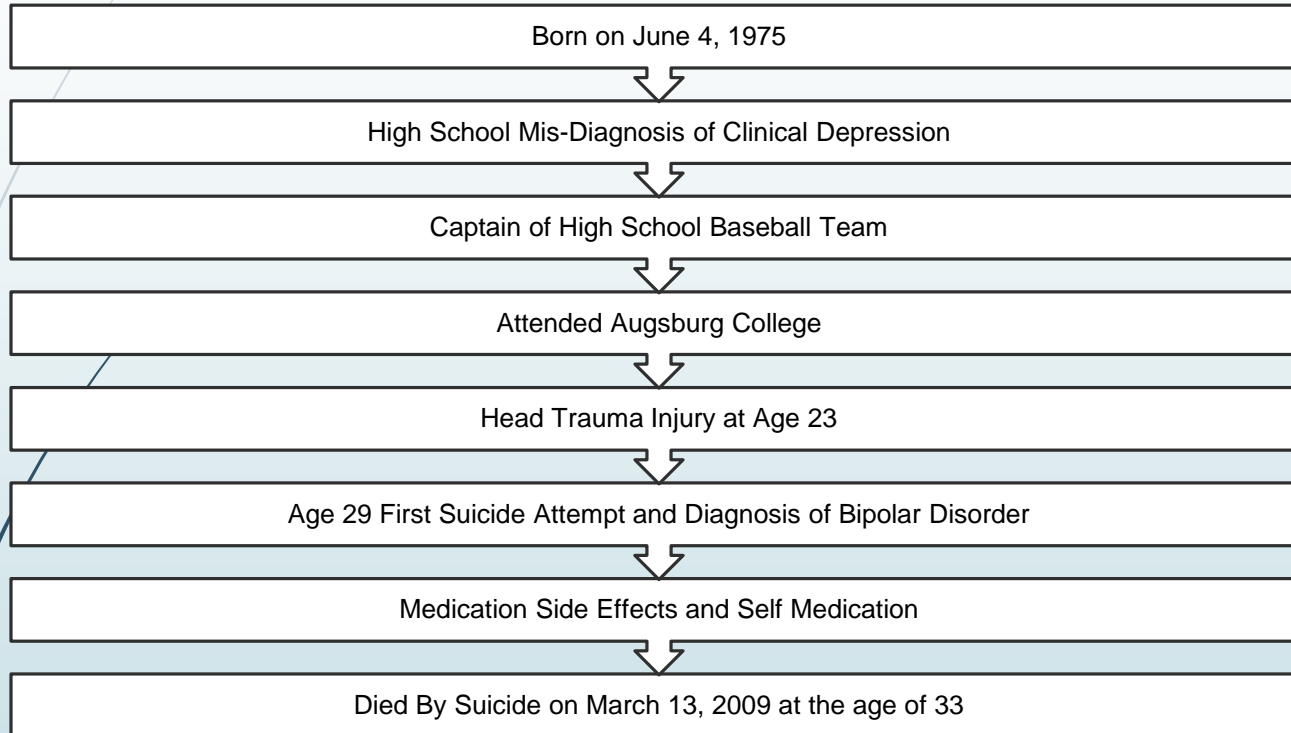
Suicide Loss Survivor

What do you see?



WHAT DON'T YOU SEE?

The Journey of Michael Swanson



Mental Illness Is...

- An illness of the brain
- TREATABLE

Common Traits of Mental Illness



- Usually more than one illness
- Regular use of alcohol or drugs
- Anger
- Shame
- Questionable decision making
- Stop the use of prescribed medication(s)

Facts of Mental Illness

25%

- 25% of adults will experience a mental illness each year.

2

- Anxiety disorders and depression are the two most common illnesses.

10%

- 10% of adults are addicted to alcohol and/or drugs.

60%

- Approximately 60 percent of the adults with a mental illness did not receive any mental health services during the previous year.

1 or more

- It is common to experience more than one illness

Facts of Suicide

42,773

- There were 42,773 suicides in the United States in 2014.

1 Million

- Suicide attempts each year in the United States.

4X

- The suicide rate in 2012 for the construction industry was 53.3 per 100,000. This rate is 4 times the national average.

Alone

- Suicide is usually a solo event.
- They want to end the pain.

Preventable

- Suicide IS preventable.

Suicide Myths

- Don't ask someone if they are thinking of hurting themselves because it will put the idea in their head.
- People who talk about suicide don't do it.
- People who attempt suicide will not attempt suicide again.
- Once a person has a suicidal plan they cannot be stopped.

Warning Signs of Suicide

✓ Verbal clues

- I wish I were dead
- I'm tired of life
- I'm a burden to everyone
- Soon you won't have to worry about me

✓ Behavioral clues

- Withdrawing from family and friends
- Moodiness, hopelessness and unexplained anger
- Putting personal affairs in order
- Giving away prized possessions
- Acquiring a gun or stockpiling pills

✓ Situational clues

- Loss of a job
- Loss of major relationship
- Diagnosis of terminal illness
- Loss of family member or friend by suicide
- Arrest and loss of freedom

Resources

Suicide Hotline – 1-800-273-TALK (8255)

911 – Ask for crisis intervention team (cit)

American Foundation for Suicide Prevention (AFSP) –
www.afsp.org

National Alliance on Mental Illness (NAMI) – www.nami.org

National Institute of Mental Health (NIMH) – www.nimh.nih.gov

Suicide Awareness Voice of Education (SAVE) – www.save.org



Healthy Men Michigan

Jill Fontaine, M.Ed.



Healthy Men Michigan

Jill Fontaine, M.Ed.



Healthy Men Michigan

Jill Fontaine, M.Ed.

You Can't Fix Your Mental Health With Duct Tape

Suicide Prevention in the Construction Field

Jill Fontaine, M.Ed

CommunityResponse Program Manager at Screening for Mental Health, Inc.

CFMA Western Michigan Chapter Suicide Prevention Summit

Postma Center at Pine Rest

Grand Rapids, MI

April 25, 2017



UNIVERSITY of MARYLAND
SCHOOL OF SOCIAL WORK



This research is supported by the Cooperative Agreement Number, 1 U01 CE002661-01, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.



Middle Aged Men and Suicide

“Although men in the middle years (MIMY)—that is, men 35–64 years of age—represent 19 percent of the population of the United States, they account for 40 percent of the suicides in this country. The number of men in this age group and their relative representation in the U.S. population are both increasing. If the suicide rate among men ages 35–64 is not reduced, both the number of men in the middle years who die by suicide and their contribution to the overall suicide rate in the United States will continue to increase.”



Suicide Prevention Resource Center (2016).
Preventing suicide among men in the middle years:
Recommendations for suicide prevention programs.
Waltham, MA, Education Development Center, Inc. p. 3

Risk Factors for Men

Risk Factors for Men

Risks go well beyond mental health!

- Financial problems
- Alcohol and other drug abuse and dependence
- Legal problems
- Life stressors, including but not limited to relationship problems, job problems, intimate partner violence
- Medical and health problems
- Mental health problems often undiagnosed or misdiagnosed, depression, anxiety, post-traumatic stress



Construction is a “high risk” industry

Construction is a “high risk” industry



Industry Risk Factors

- Access to lethal means
- Capability for fearlessness
- Exposure to physical strain or psychological trauma
- Culture of substance abuse
- Fragmented community/isolation
- Humiliation/shame
- Entrapment
- Workplaces involved in community suicide deaths
- Nature of the work
- Sleep disruption

Working-Aged Men and Depression – Focus of Current Project

***Even when depression is identified,
men are reluctant to ask for help. WHY?***

- Masculine gender socialization and stereotypes
- Perceived social stigma
- Threat of being negatively labeled when seeking services
- Co-occurring disorders such as alcohol abuse
- Rigidity in sense of self and coping
- Lack of knowledge about resources

(Davies & Waldon, 2003)

Protective Factors

Several factors are beneficial in improving and supporting mental health and well-being and decreasing the risk of suicide:

- Social relationships
- Social integration



SUICIDE: MICHIGAN 2016 FACTS & FIGURES

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Michigan	1,354	13.23	32
Nationally	42,773	12.93	



Suicide is the **10th leading** cause of death overall in Michigan.



On average, one person dies by suicide approximately **every 6.5 hours** in the state.

Based on most recent 2014 data from CDC



Suicide cost Michigan a total of **\$1,501,780,000** of combined lifetime medical and work loss cost in 2010, or an average of **\$1,189,058** per suicide death.

IN MICHIGAN,
SUICIDE
IS THE...

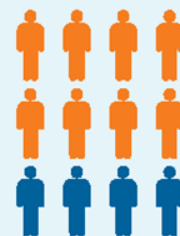
2nd leading
cause of death
for ages 10-34

4th leading
cause of death
for ages 35-54

8th leading
cause of death
for ages 55-64

18th leading
cause of death
for ages 65 & older

Over twice as many people in Michigan die by suicide than by homicide. The total deaths to suicide in Michigan reflect a total of **27,895** years of potential life lost (YPLL) before age 65.



AMERICAN FOUNDATION FOR
Suicide Prevention

afsp.org

Response to the Problem – *Healthy Men Michigan*

Comprehensive online screening and referral intervention, integrating two existing, and promising, online programs

✓ **Screening for Mental Health**

✓ **Man Therapy**



Screening for Health, Inc. (SMH)

- **National Depression Screening Day**



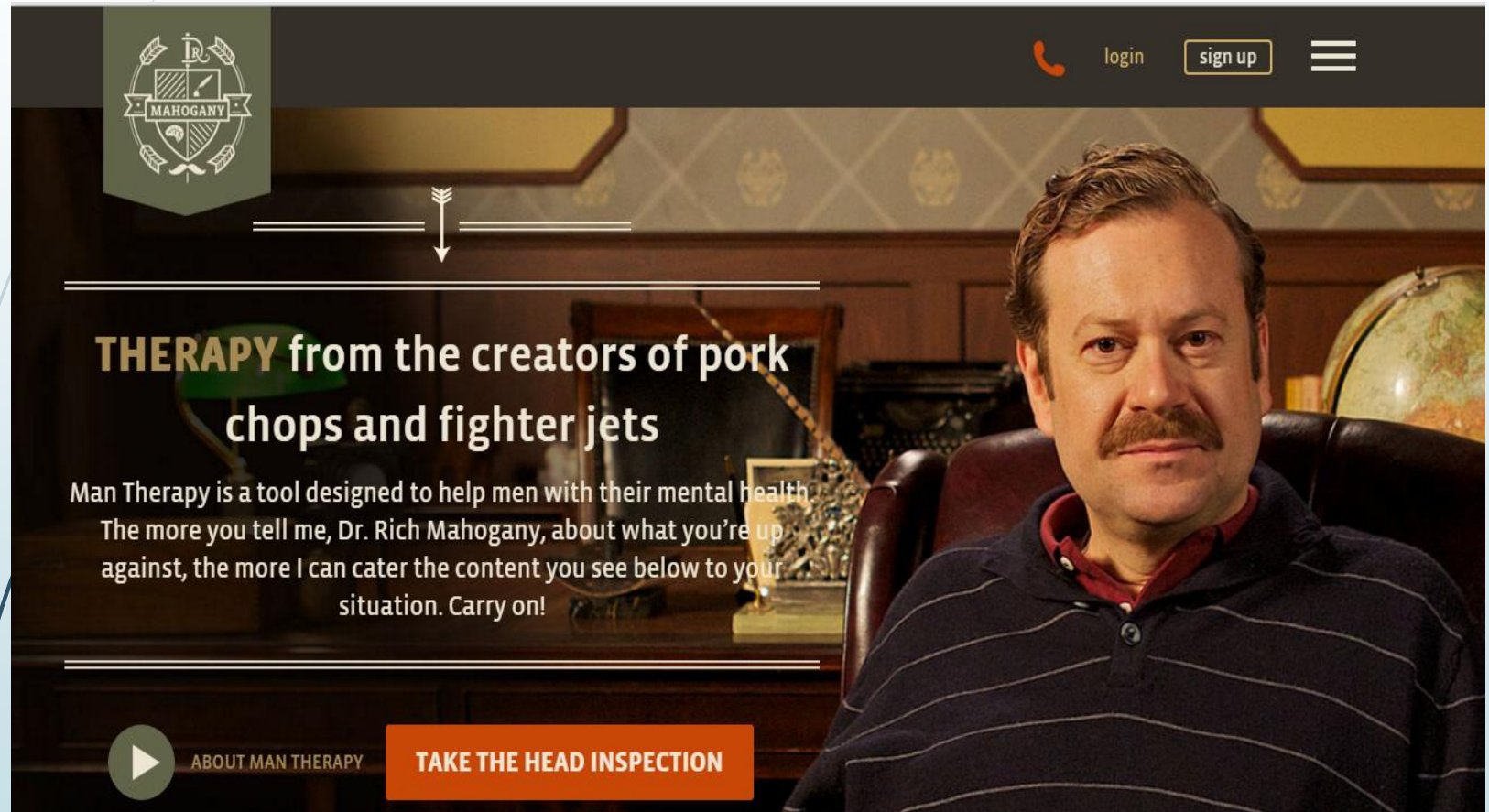
- **National Alcohol Screening Day**



- **National Eating Disorders Awareness Week**



Man Therapy



Therapy. The Way A Man Does It

MassMen.org





<http://www.ssw.umaryland.edu/healthymenmichigan>

Healthy Men Michigan Campaign

Thank you for your interest in the Healthy Men Michigan Campaign and the parallel research study evaluating the online mental health programs used in the Campaign. [Dr. Jodi Jacobson Frey](#), associate professor at the University of Maryland School of Social Work, is the Principal Investigator who is leading the study. This web page provides an overview of the study and some information about the Campaign. We invite you to contact [Dr. Frey](#) with questions about the study and to learn more about participating as a community partner.



Background to the Problem:

Suicide is the leading cause of injury death among men in Michigan ([source](#)). Middle-aged men are not only at higher risk for suicide but are also often less likely to personally identify signs of mental health problems and to engage in mental health services. Preventing suicide among men in this age range requires innovative and comprehensive programs.

Response to the Problem:

Healthy Men Michigan is a campaign designed

A map of Michigan is shown with various logos and emblems overlaid. The logos include: a yellow and blue diamond-shaped emblem with a cross; a circular emblem with 'SM' and 'CB' and 'MICHIGAN SENIOR MEN'S SQUAD' around it; a golf ball on a tee with two golf clubs; a large '75th' anniversary logo for 'MHAM Mental Health Association in Michigan'; a logo for 'West Michigan CMH' with a sun and waves; a small brown church icon; a red and white barber pole; a circular emblem for 'Saginaw Chippewa Indian Tribe of Michigan'; a circular emblem for 'MICHIGAN STATE UNIVERSITY'; a red and white circular emblem with a deer and a 'D'; a large '175th ANNIVERSARY' logo for 'DETROIT HOCKEY CLUB CREW 1839-2014'; a circular emblem for 'MICHIGAN STATE UNIVERSITY 1868'; a logo for 'EAP EMPLOYEE ASSISTANCE PROGRAM'; a logo for 'MICHIGAN DEPARTMENT OF HEALTH & HUMAN SERVICES'; a logo for 'MASP'; a logo for 'Easter Seals MICHIGAN'; a logo for 'DETROIT PISTONS'; a large yellow 'M' on a blue background; a logo for 'DETROIT FITNESS CLUB'; and a circular emblem for 'MICHIGAN STATE UNIVERSITY' with '1868' at the bottom.

[WEBINARS](#)[TAKE A SCREENING](#)[PROMOTIONAL TOOLKIT](#)[PRIVACY POLICY](#)

Welcome to Healthy Men Michigan

Healthy Men Michigan is a campaign dedicated to engaging men in important conversations about mental health. We offer free and anonymous mental health screenings to help you learn if the symptoms you are experiencing are consistent with depression or another common and treatable mental health disorder. At the end of the screening, you will be connected with helpful information and local resources.

[Take a Screening](#)

© 2016. Site brought to you by [Screening for Mental Health, Inc.](#) | [Privacy Policy](#) | [Disclaimer](#)



[SOCIAL MEDIA POSTS](#) ▼ [ABOUT HEALTHY MEN MICHIGAN](#) ▼ [FACTS AND STATISTICS](#) ▼

Please share the social media posts below with your community and help us spread the word about the HealthyMenMichigan campaign.

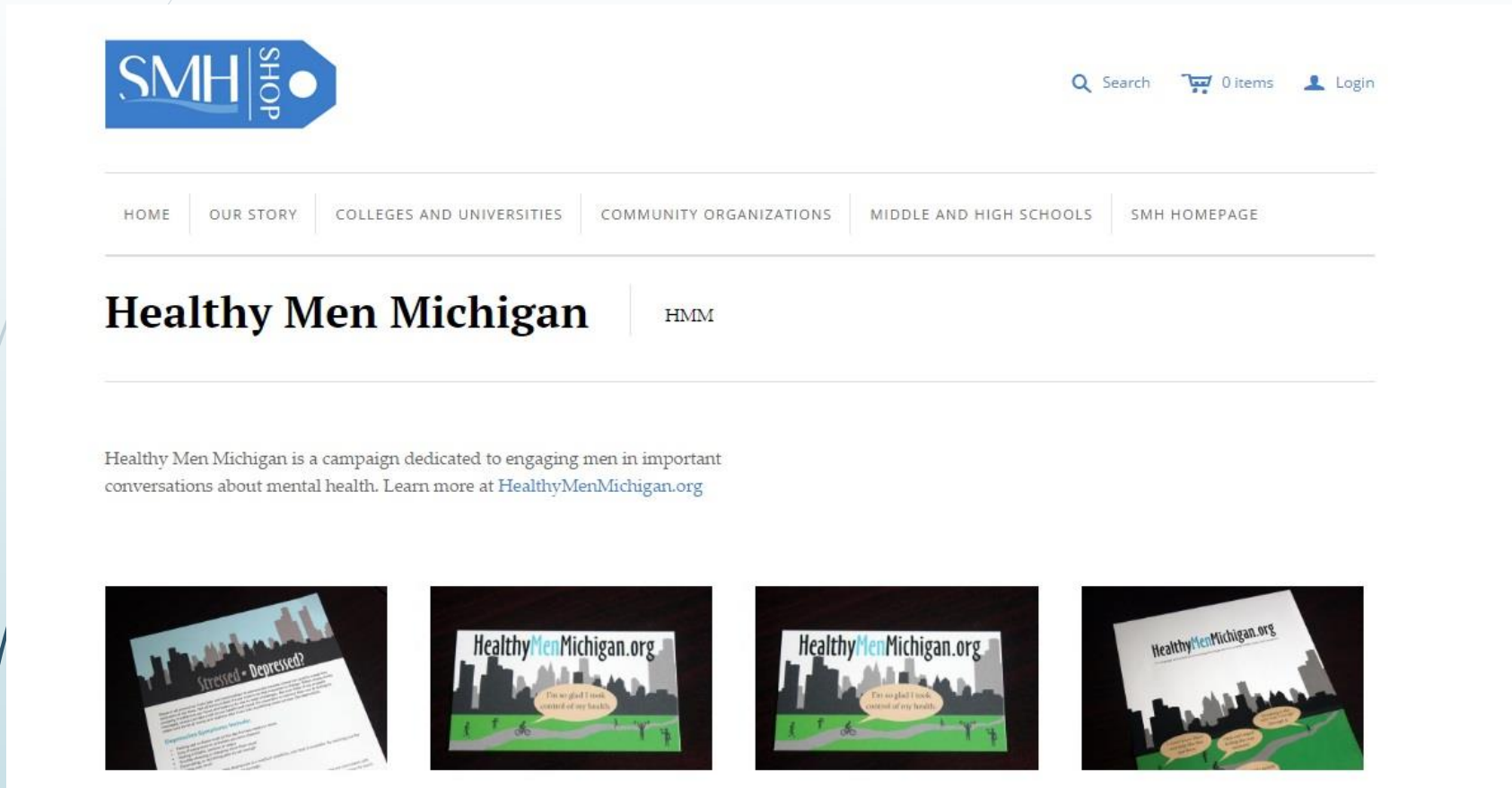


Facebook Materials



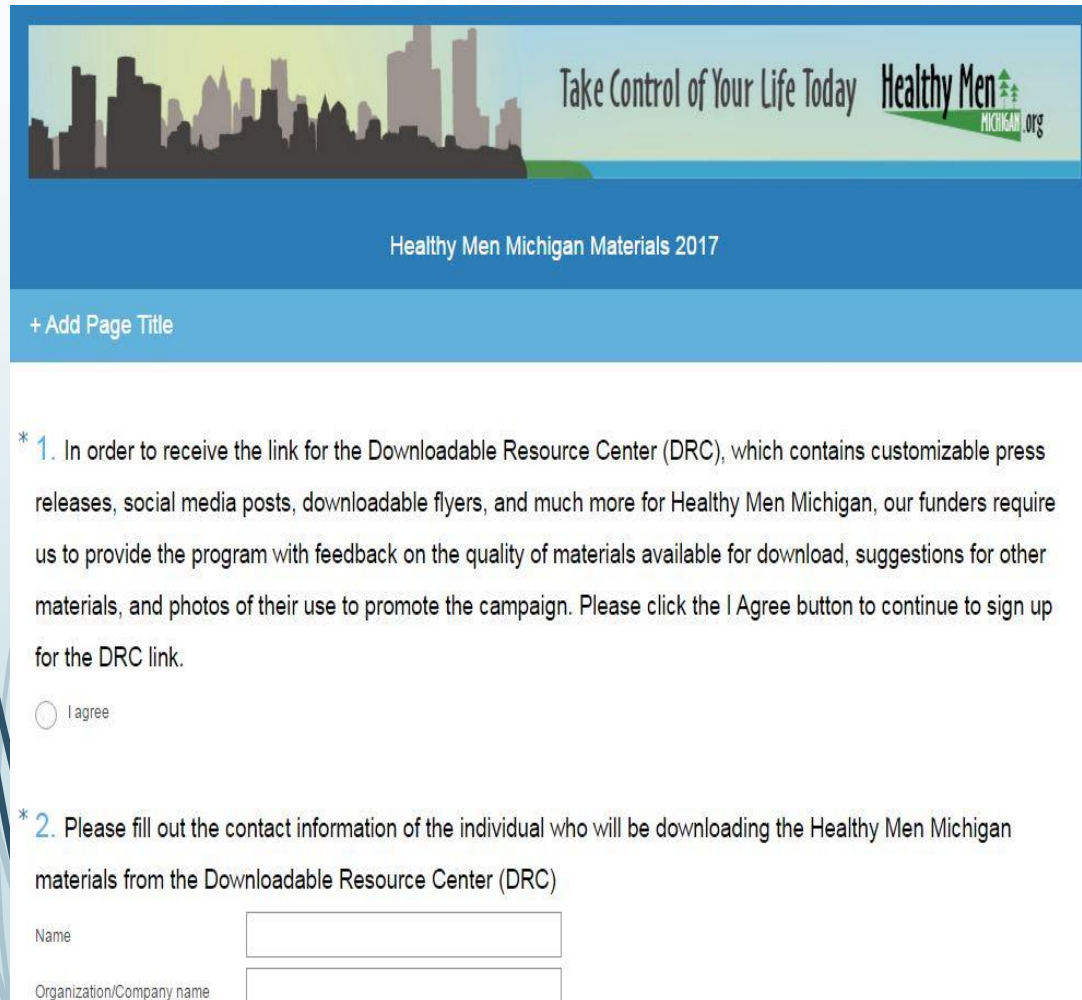
Twitter Materials

Online Shop: Free Promotional Materials



shop.mentalhealthscreening.org/collections/healthy-men-michigan

Downloadable Resource Center



The screenshot shows a web form for the Healthy Men Michigan Downloadable Resource Center (DRC). At the top, there is a banner with a city skyline and the text "Take Control of Your Life Today" and "Healthy Men MICHIGAN.ORG". Below the banner, the text "Healthy Men Michigan Materials 2017" is displayed. A blue bar contains the text "+ Add Page Title". The form contains two numbered instructions: 1. In order to receive the link for the Downloadable Resource Center (DRC), which contains customizable press releases, social media posts, downloadable flyers, and much more for Healthy Men Michigan, our funders require us to provide the program with feedback on the quality of materials available for download, suggestions for other materials, and photos of their use to promote the campaign. Please click the I Agree button to continue to sign up for the DRC link. 2. Please fill out the contact information of the individual who will be downloading the Healthy Men Michigan materials from the Downloadable Resource Center (DRC). Below the instructions, there is a radio button labeled "I agree" and two input fields for "Name" and "Organization/Company name".

Take Control of Your Life Today Healthy Men MICHIGAN.ORG

Healthy Men Michigan Materials 2017

+ Add Page Title

* 1. In order to receive the link for the Downloadable Resource Center (DRC), which contains customizable press releases, social media posts, downloadable flyers, and much more for Healthy Men Michigan, our funders require us to provide the program with feedback on the quality of materials available for download, suggestions for other materials, and photos of their use to promote the campaign. Please click the I Agree button to continue to sign up for the DRC link.

☐ I agree

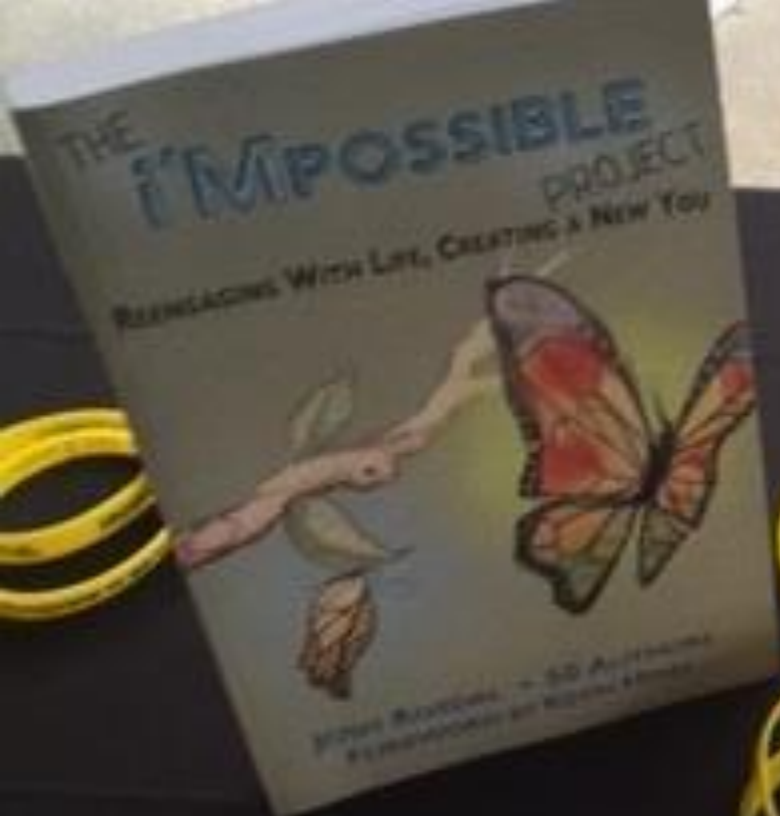
* 2. Please fill out the contact information of the individual who will be downloading the Healthy Men Michigan materials from the Downloadable Resource Center (DRC)

Name

Organization/Company name

Use our link to access the DRC!

Complete the survey after accessing the DRC to tell us how you are promoting.



ATTEMPT: OPPORTUNITY TO SAVE A LIFE
Be safe. Be smart. Be a hero.



Wednesday April 19
safeTALK
Thursday April 6
safeTALK



Your story
; Isn't over yet

4th Annual
Kiersten's Ride

August 20th, 2016

A semicolon is
used when a
sentence could
have been ended
but it wasn't

My story isn't over.



www.facebook.com/HealthyMenMichigan

twitter.com/HealthyMenMI

healthymenmichigan@mentalhealthscreening.org

healthymenmichigan.org

Men in Michigan Are Taking Action Here's How You Can Help

1. Social Media and Word of Mouth are how men are hearing about the campaign

Send promotional emails and social media posts to members of your community by using the Toolkit <https://mentalhealthscreening.org/programs/hmm/toolkit>

2. Michigan is a big state with lots of different areas to cover!

Help spread the word with free promotional materials while you are out across Michigan
shop.mentalhealthscreening.org/collections/healthy-men-michigan

3. The workplace is another great place to promote the campaign!

Add a link to www.HealthyMenMichigan.org on your organization website and newsletter
Send a link to www.HealthyMenMichigan.org to your employees/colleagues

4. There are lots of ways to help get the word out to more men across Michigan
Click the link in your email after the webinar to access the Downloadable Resource Center

5. Connect with us and stay up to date on the Healthy Men Michigan campaign

Email us at healthymenmichigan@mentalhealthscreening.org to sign up for the eNewsletter

Spread the word about men's mental fitness in Michigan!

Thank you for joining us today!

About the Research:

Dr. Jodi Jacobson Frey

410-706-3607

[Healthymenmichigan](http://Healthymenmichigan@ssw.umaryland.edu)

[@ssw.umaryland.edu](http://ssw.umaryland.edu)

About the Campaign:

Jill Fontaine

781-239-0071

[Healthymenmichigan](http://Healthymenmichigan@mentalhealthscreening.org)

[@mentalhealthscreening.org](http://mentalhealthscreening.org)



Lived Experience

Allied Electric

Handling Tragedy Together!



October 2012

Dear Fellow Employee,

It is with deep regret that we learned of the sudden death of our fellow co-worker Tuesday. He was also related to another long-term Allied employee. He has worked for Allied for 8 years and will be sadly missed.

As details become available in regards to the family's memorial, we will let you know what the company plans to do by way of honoring the memory of his life.

We have attached the obituary for your use and encourage you to extend our heartfelt condolence to his family and relatives.

Mike, Dick and Paul



The Valuable Lessons We Learned

- Understand that your company is a family, as dysfunctional as it may be!
- Corporately you have to respond quickly.
- Respond respectfully, humbly and quietly.
- Give opportunities for your employees to respond to the event.
- Do some benefit housekeeping.

It is not *what* is said,
it is **that something** is said!

As a leadership team, you need to determine how to best be there for every employee in the company because it impacts all of them.



What my Grandma said:

I don't remember a thing anyone said to me at Grandpa's funeral, but I remember everyone who was there.



Break



Introduction of Bob VandePol

Chris Duprey

Granger Construction Co.

CFMA Lansing Chapter



Signs/Symptoms/Prevention

Bob VandePol, LMSW

Pine Rest Christian Mental Health Services

Completed Suicide Data

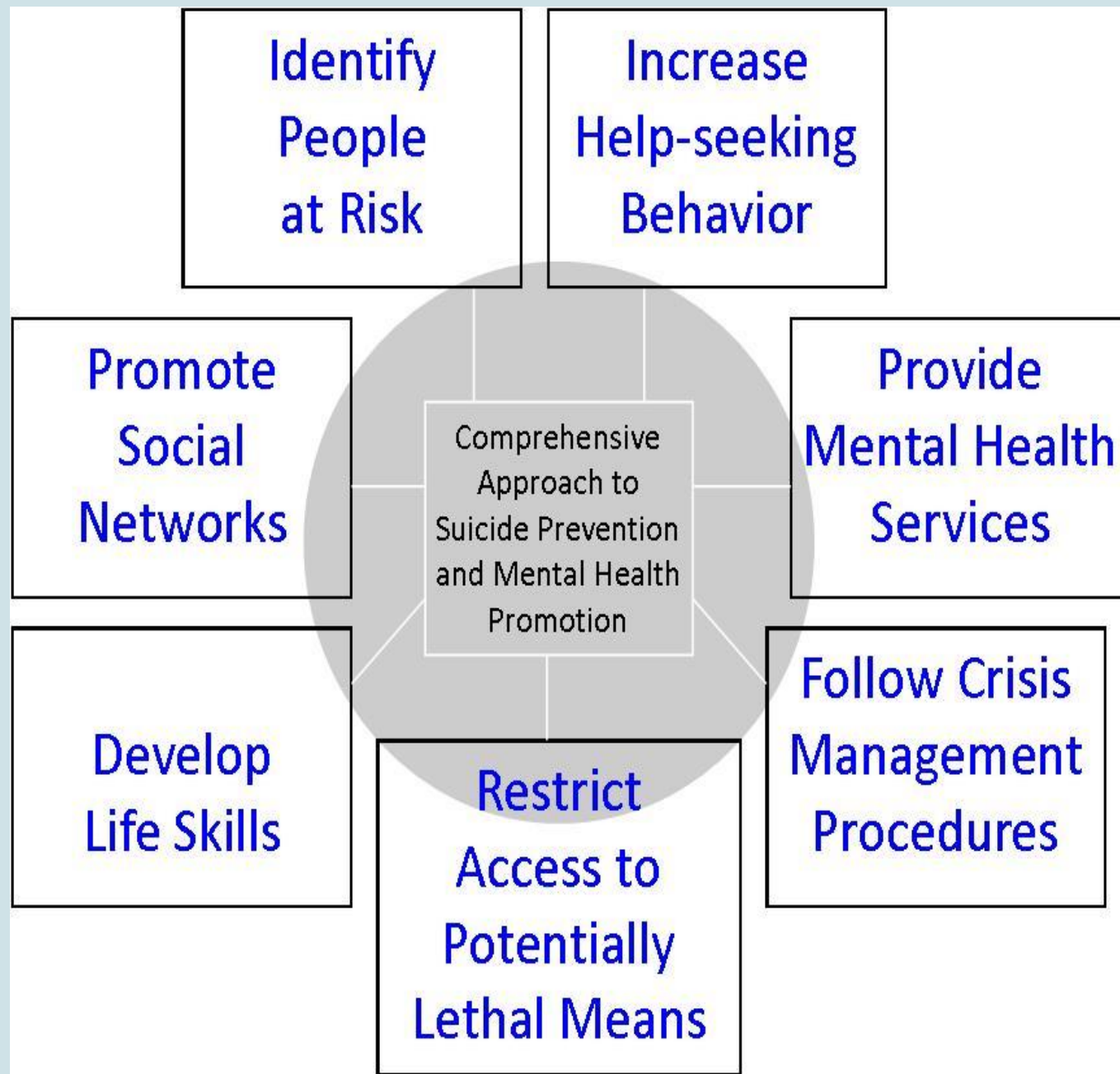
- 43,000 completed suicides in 2015
- States that have the lowest risk (Rhode Island, Connecticut, New York, DC) also have the highest per capita funding for mental health
- States that have the highest risk, (Nevada, New Mexico, Wyoming, Montana, Idaho, Alaska) have more limited access to mental health treatment
- 90% of those who die by suicide are suffering from a diagnosable mental health condition
- Alcohol plays a major role in completed suicides, in approx. 50% of completed suicides the individual has a blood alcohol level above the legal intoxication level





- 117 deaths by suicides per day
- 10th leading cause of death for all ages
 - 2nd leading cause of death for men 25-54 in the United States
- 78% of suicides are by men
 - 51% with guns
 - 25 attempts for every suicide
- Survivors significantly impacted for every suicide





Adapted from SPRC/TJF



Identify Risk - Danger Signs

Depression

Alcohol

Negativity

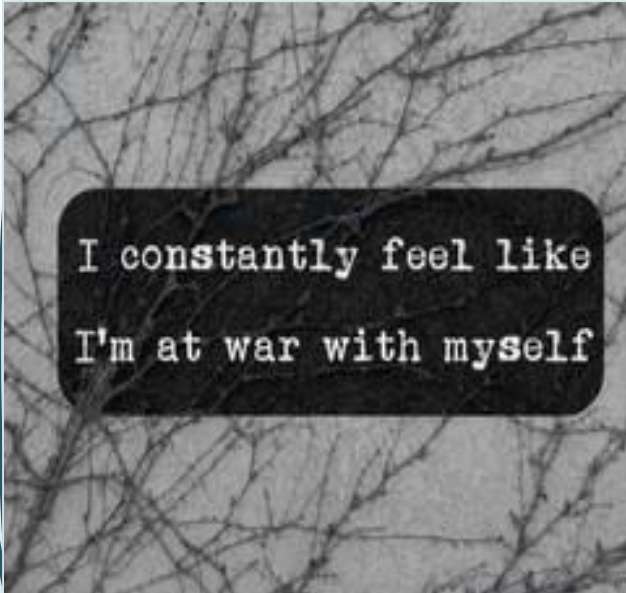
Giving life away

Estrangement

Rage/Revenge



Identify Risk - Warning Signs

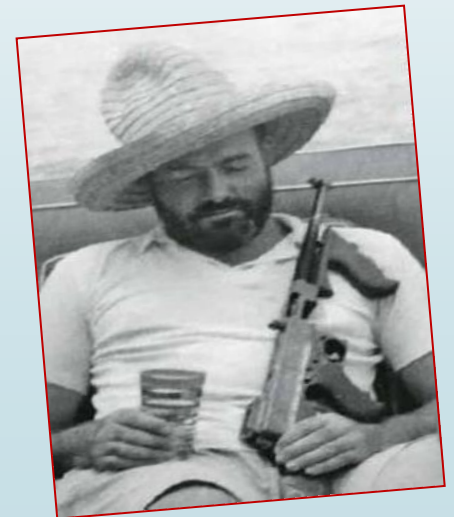
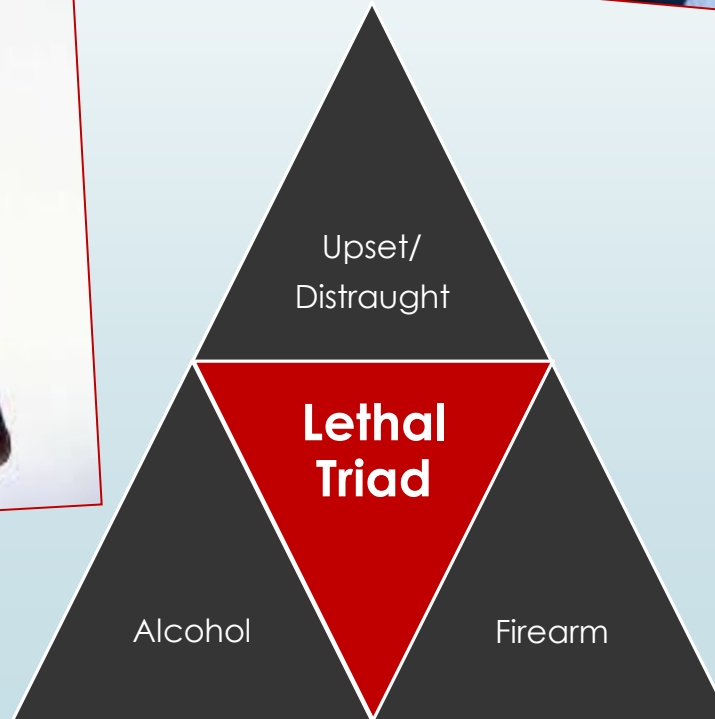


- Talking about wanting to die
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious, agitated or recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

The more of these signs a person shows, the greater the risk. Warning signs are associated with suicide but may not be what causes a suicide.



Escalation: Co-Occurring Risk Factors



Suicide Protective Factors



- Easy access to effective clinical care
- Support for help-seeking
- Restricted access to highly lethal means
- Strong family and community connections
- Skill in problem solving, conflict resolution, and nonviolent handling of disputes
- Religious faith that discourages suicide and supports self preservation



Exercise

- Pair up
- Discuss:
Imagine yourself with any combination of the risk factors and trigger events plus an erosion of your protective factors.
- Who would you tell?
- What would you say?

What To Do

If someone you know exhibits warning signs of suicide:

- **ASK!** QPR – Question, Persuade, Refer
- Do not leave the person alone
- **TELL!**
- Remove any firearms, alcohol, drugs or sharp objects that could be used in a suicide attempt
- Call the U.S. National Suicide Prevention Lifeline at 800-273-TALK (8255)
- Take the person to an emergency room or seek help from a medical or mental health professional

For the
strength of
the pack is
the wolf....



And the
strength of
the wolf is the
pack

The Value of Community

September 11, 2001



Exercise



- Pair up
- Maintain eye contact with your partner
- Say “I care about you enough to risk ticking you off. Your recent behavior concerns me. Are you thinking about killing yourself?”
- Switch roles

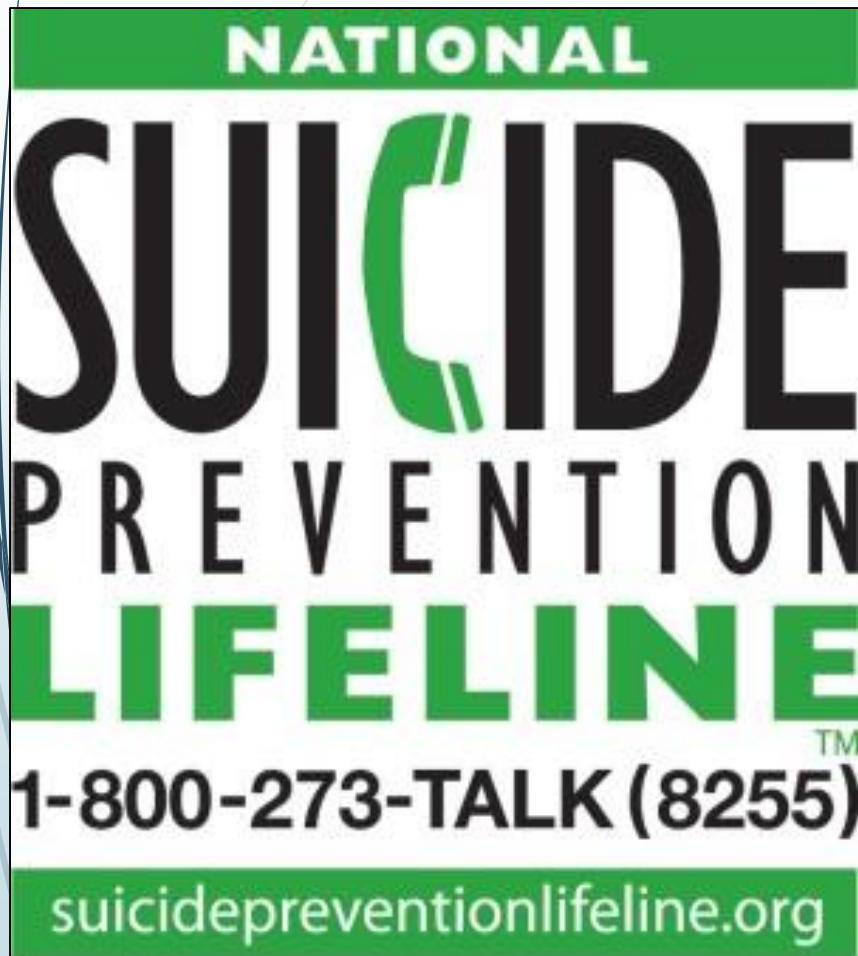
Care Enough to Risk Over-Reacting



The Communication Vortex

Small bits of concerning behavior or communication are noticed in different areas of a person's life. By themselves they are not necessarily alarming, but when pulled together, they can paint a very concerning larger picture.

Communicate!



A free, 24/7 service that can provide suicidal persons or those around them with support, information, and local resources.

Contact Information

Bob VandePol

Pine Rest Christian Mental Health
Services

www.Pinerest.org

Bob.vandepol@pinerest.org

616-258-7548



Lived Experience

Vonnie Woodrick

Suicide Loss Survivor



 **i understand**
love heals



i understand love heals

- **i understand** is a non-profit organization to support those who have lost a loved one by suicide or struggle with mental illness.
- Based in Ada, Michigan, **i understand** provides compassionate comfort to individuals and communities by hosting monthly educational awareness events. Through a partnership with Helen DeVos Children's Hospital, **i understand** delivers mental health care packages to patients in West Michigan and families around the world.



i understand

love heals

What We Believe:

- **i understand** suicide is an effect of an illness
- **i understand** mental illnesses are treatable
- **i understand** stigma is the #1 reason why someone would not seek treatment for mental illness; education and awareness are vital to saving and changing lives
- **i understand** reaching out to those who are suffering could save a life; let someone know you are available and treat them with respect and compassion
- **i understand** most people who are suicidal do not want to die; they want their pain to end
- **i understand** speaking out about suicide may empower others to share their stories
- **i understand** feelings of guilt are part of the grieving process on the way to finding peace and acceptance
- **i understand** those who die by suicide do make it to heaven



[National Suicide Prevention Lifeline](#)

Call 24/7
800-273-8255

Crisis Text Line
TEXT CONNECT TO 741741

Website:
iunderstandloveheals.com

Stay Connected:
Facebook.com/iunderstandloveheals
Instagram: @iunderstand_loveheals



Panel Discussion



Wrap Up

Ken Bos

Hylant

CFMA SW Michigan Chapter