

# SUICIDE PREVENTION

Creating a Safety Net for Oklahomans

Meg Cannon, Suicide Prevention Program Manager

ODMHSAS

Thursday, September 14

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# OBJECTIVES

- Why suicide prevention is important in schools and workplaces.
- What programs ODMHSAS offers for suicide prevention.
- How you can access programs for your schools, workplace, and community.

# MENTAL HEALTH AND SUICIDE PREVENTION

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# WHY IS PREVENTION SO IMPORTANT @ SCHOOL?

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# IT'S TIME

- Hours in a year – **8,760**
- Sleeping – **3,468 hours**
- School – **1,080 hours**
- Everything else – **4,212 hours**

# UNIQUELY POSITIONED

- Trusted adults outside of the home
- See a different side than families may see
- Maintain a safe school environment
- Mental health can impact student performance
- Suicide will impact the entire school community

# OKLAHOMA'S MANDATES AND EXPECTATIONS

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# KOGNITO AT-RISK PK-12



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# ACT ON FACTS



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# LIFELINES PREVENTION



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# MENTAL HEALTH FIRST AID



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# TALK SAVES LIVES



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# PREVENTION FOR LITTLES

## AGES 3 AND OLDER

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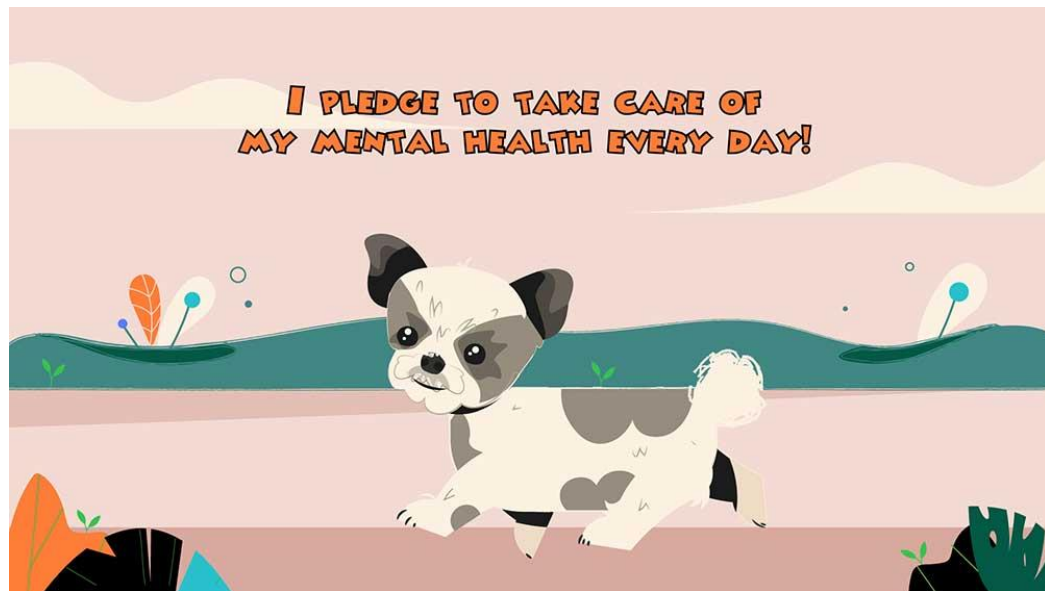
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# GIZMO'S PAWESOME GUIDE



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# OTHER WAYS WE OFFER SUICIDE PREVENTION

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# WHY IS MENTAL HEALTH IMPORTANT @ WORK?

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# TOP INDUSTRIES AT RISK FOR SUICIDE

- 1 Mining, Quarrying, & Oil/Gas Extraction – **54.2**
- 2 Construction – **45.3**
- 3 Other Services – **39.1**
- 4 Agriculture, Forestry, Fishing, Hunting – **36.1**

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# TOP INDUSTRIES AT RISK FOR SUICIDE

5 Transportation and Warehousing – **29.8**

6 Arts, Entertainment, Recreation – **27.4**

7 Utilities – **26.3**

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# TOP INDUSTRIES AT RISK FOR SUICIDE

- 8 Administrative/Support and Waste Management Services – **25.9**
- 9 Manufacturing – **23.6**
- 10 Public Administration – **23.1**

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# ARE YOU OK?

# SUICIDE PREVENTION @ WORK

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# ARE YOU OK?

[HTTPS://OKLAHOMA.GOV/ODMHSAS/TRAININGS/TRAINING-INSTITUTE/ARE-YOU-OK.HTML](https://oklahoma.gov/odmhsas/trainings/training-institute/are-you-ok.html)



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# 30-DAY COMMITMENT

WHAT WILL YOU DO TO HELP PREVENT SUICIDE – AT WORK, AT HOME, OR IN YOUR COMMUNITY?

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**QUESTIONS?**

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