



Relias Spotlight September 2023

Suicide Prevention

Latest Statistics

The latest statistics from the Centers for Disease Control (CDC) indicate suicide rates increased 36% between 2000-2021. In 2021, in the United States suicide was responsible for 48,183 deaths, which is about one death every 11 minutes. According to the World Health Organization (WHO), approximately 700,000 people die by suicide every year, making it the second-leading cause of death among individuals aged 15-29 globally.

Why It Matters

September is Suicide Prevention Month. By understanding the statistics, recognizing the warning signs, and advocating for better mental health support, we can make a significant impact in saving lives and fostering a more compassionate society. Suicide prevention is a collective responsibility. One key aspect of suicide prevention is raising awareness about the risk factors and warning signs. Research shows 90% of individuals who die by suicide have a diagnosable mental health condition, with depression being the most common.

If you or someone you know is struggling with suicidal thoughts, it's important to reach out for help. The National Suicide and Crisis Lifeline provides free and confidential support 24/7 at 988 for people in distress, prevention, and crisis resources. You can also contact our Member access and Crisis line: 1-855-202-0973.

Now What?

The good news is suicide is preventable by learning the risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. For example, Mental Health First Aid is a training that helps you assist someone experiencing a mental health or substance use-related crisis.

Mental Health First Aid is not in Relias, it is assigned from the National Council for Mental Wellbeing. Optum Idaho provides free training to any Idaho resident with signup available online at [Optum Mental Health First Aid Interest](#).

Course	CEU
Assessing and Screening for Suicide Risk	1.5
Crisis Intervention within Information and Referral	1.75
Community-Based Interventions to Reduce Suicide Risk	1.75
Overview of Evidence-Based, Suicide-Specific Interventions	1.5
Reducing Suicide Risk in Adolescents and Transition Age Youth	1.5

Thank you again for the work that you do each day with our members so Idaho can continue to improve access to behavioral health services. Optum is excited to offer these resources to you.

Sincerely,
The Optum Education and Training Team