

THE **WakeUp** PROJECT



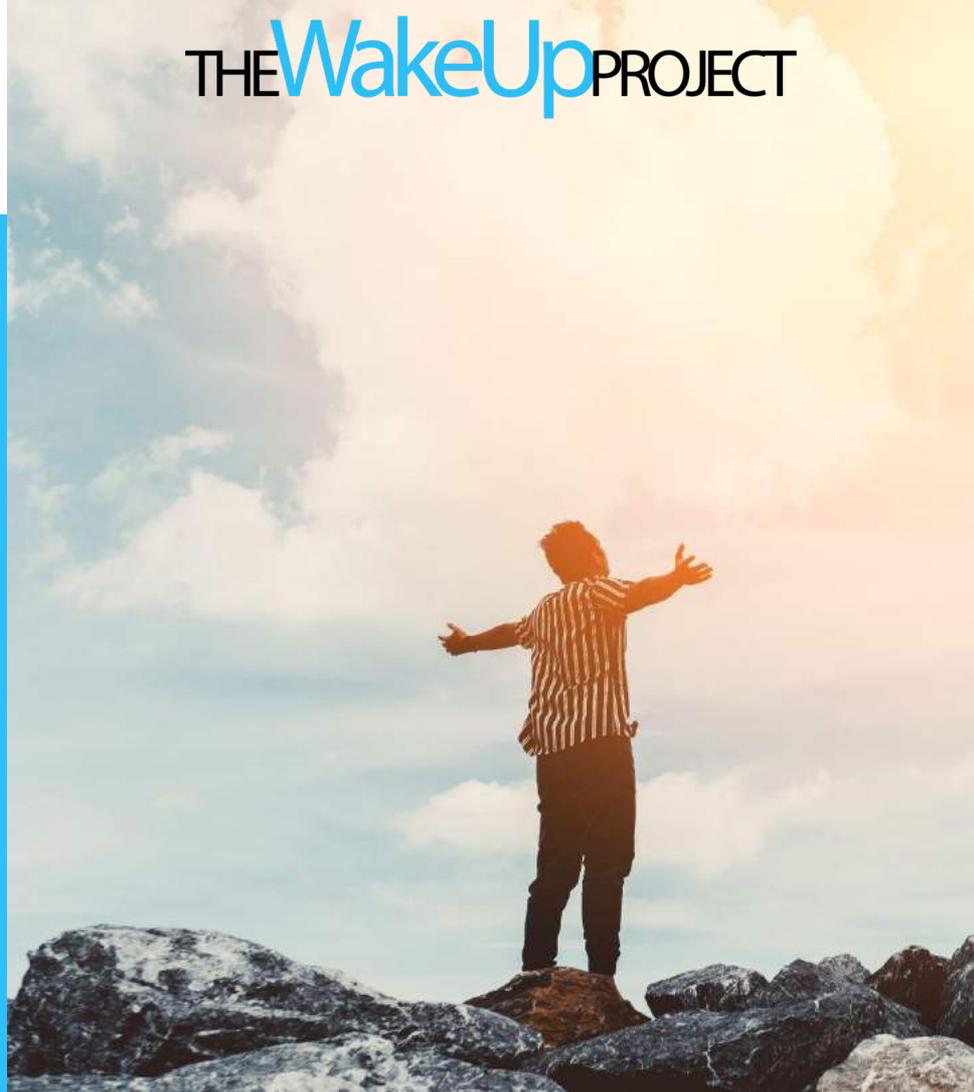
**SUICIDE
PREVENTION
GUIDE**

Suicide is Preventable

Suicide is death caused by injuring oneself with the intent to die. A suicide attempt is when someone harms themselves with any intent to end their life, but they do not die as a result of their actions. Suicide and suicide attempts affect the health and well-being of friends, loved ones, co-workers, and the community. When people die by suicide, their surviving family and friends may experience shock, anger, guilt, symptoms of depression or anxiety, and may even experience thoughts of suicide themselves.

In 2019, 12 million American adults seriously thought about suicide, 3.5 million planned a suicide attempt, and 1.4 million attempted suicide. Everyone has a role to play to save lives and create healthy and strong individuals, families, and communities.

Source: [U.S. Centers for Disease Control and Prevention](#)





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Facts about Suicide

- **Affects all ages**
 - 10th leading cause of death in the United States.
 - Second leading cause of death for people ages 10-34
 - Fourth leading cause of death among people ages 34-54
 - Fifth leading cause among people ages 45-54
- **Suicide rates are increasing**
 - One death by suicide every 11 minutes in 2019 (47,500 deaths)
- **High-risk populations**
 - American Indian/Alaska Native and non-Hispanic White populations
 - Veterans
 - Rural residents
 - Workers in certain industries like mining and construction
 - LGBTQ+

Source: [U.S. Centers for Disease Control and Prevention](#)



Warning Signs of Suicide

If you or a loved one are experiencing feelings of emptiness, hopelessness, feeling trapped or having no reason to live, these are warning signs of suicide. Those expressing overwhelming sadness, high anxiety or unbearable emotional or physical pain are also at risk. In addition, feeling full of rage or being easily agitated also point to a risk of suicide. Additional warning signs to notice include:

Changing behavior:

- Displaying extreme mood swings
- Eating or sleeping more or less
- Using drugs or alcohol more often
- Taking dangerous risks such as driving extremely fast
- Making a plan or researching ways to die
- Withdrawing from friends, saying goodbye, giving away important items, or making a will

Talking about:

- Wanting to die
- Great guilt or shame
- Being a burden to others

Source: [National Institute of Mental Health](#)

Steps to Take When Supporting Someone Suffering From Mental Illness

Take care of yourself first

- You need to be physically and mentally healthy yourself before you're able to help anyone else.

Listen to what they have to say

- Assure them that you care about their problems.
- Validate their feelings.
- Prove your interest with attentive body language.

Help them find the professional help they need

- Provide them with resources like phone hotlines and local mental health programs.
- Assist them in researching therapists.
- Support their decision to seek help.
- Offer to help them with their recovery in any way that you can.

If someone you know is in a crisis

- Call 911. Get to them in person and stay with them until they are not a danger to themselves or anyone else.



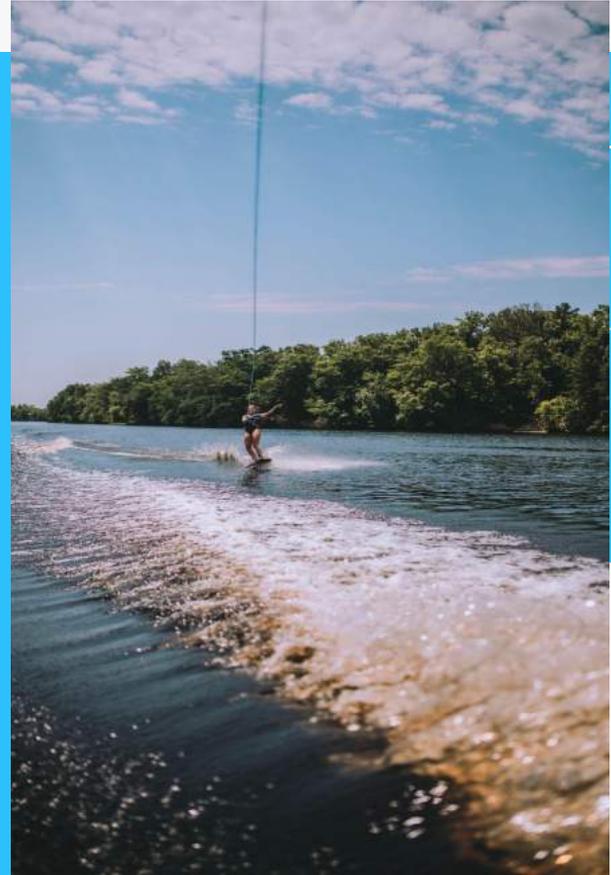
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How Exercise can Benefit Mental Health

It has been proven through a number of studies - that people who exercise tend to sleep better at night and have better memory, as well as a more optimistic outlook on life. Regular exercise can have an amazingly positive impact on those who struggle with depression, anxiety, ADHD, and other mental health issues. This exercise does not have to be 'extreme' to cause a positive change in your life. Studies show that even small amounts of exercise can make a real difference in the way you feel, mentally *and* physically.

Check out some of our favorite sports in this presentation, and learn about some of the positive impacts they've had on participants that you may not have realized.

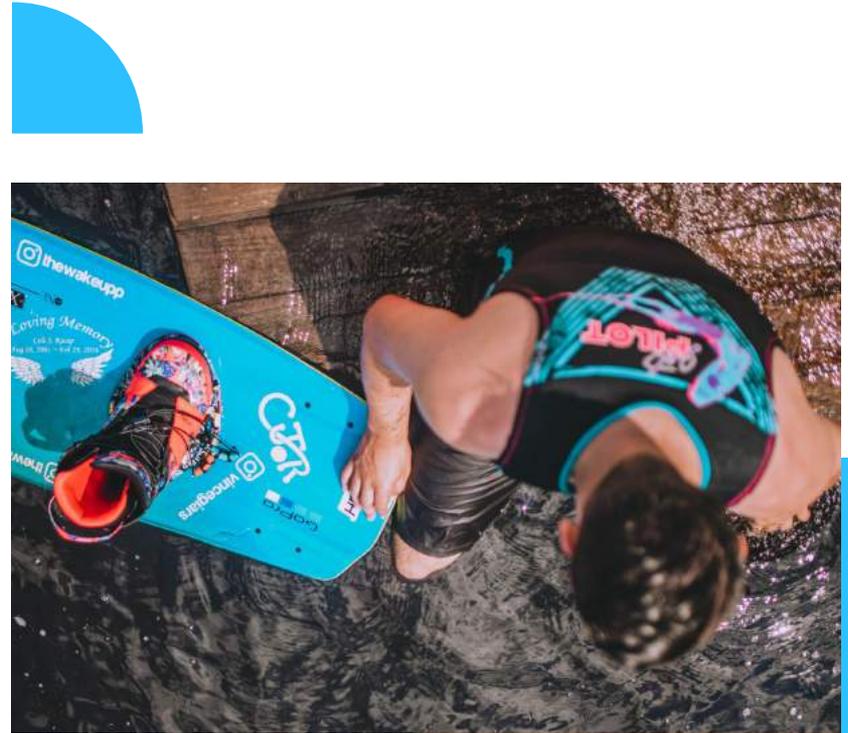
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Wakeboarding and Mental Health

Getting out on the water can be a great stress reliever. Extreme sports like wakeboarding are sure to give you an adrenaline rush, which is a draw for many people — but what wakeboarding really does — is it allows you to let out your pent-up energy. The great thing about this sport is that you don't need to be a fitness 'guru' to start learning. You can build muscle over time while improving your technique, and even just getting out and standing up on the board can improve your mood for the entire day!

Another great aspect of wakeboarding is all the vitamin D you'll be getting. Being outside is great for your mental health; moving your body and being outdoors lets in more oxygen flow to your brain, which subsequently improves your brain chemistry and lifts your mood.





Swimming and Mental Health

Water sports are great for the body. They often use muscle groups you would not target with other exercise like running or lifting weights, and while the physical benefits of swimming on the body are plentiful, so are the mental health benefits. A recent study at the University of Exeter in the UK found that showing someone a video of the ocean while they are exercising elsewhere - was able to elevate the participant's mood.

If just a picture of water can positively impact your mind, physically being in water can do a whole lot. Swimming allows your brain to increase its levels of Brain Derived Neurotrophic Factor (BDNF). This increase can have a positive impact on things like memory, cognition, and mood regulation.

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Running And Mental Health

Have you ever heard of “runner’s high”? As David Linden, Ph.D., a Professor of Neuroscience at the Johns Hopkins University School of Medicine, explains: “runner’s high” is that relaxed post-run feeling lead by an influx of endorphins and endocannabinoids in the bloodstream. Cardiovascular exercise like running helps produce new brain cells which can prevent cognitive decline and improve your brain chemistry.



Tips for Exercise to Improve Mental Health

- Do what makes you feel good. Quality exercise looks different for everyone. We all have different body types and different abilities. Make sure you pick activities that you WANT to partake in.
- Don't exercise to look a certain way, exercise to FEEL a certain way. Think about how you feel mentally after exercise and less about what you look like physically.
- Exercise with a friend. Exercising with friends helps you challenge yourself, *and* it's fun!
- Try new things. Sometimes exercise can get boring, try something you have never done before that looks interesting. You hardly feel like you're working out when you're having a good time!

THANK YOU!

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DONATE

Resources

National Suicide Prevention Lifeline:
1-800-273-8255 (Military Veterans Press 1)

LGBTQ Youth Hotline: 1-866-4-U-TREVOR

TEXT Hotline: Text "HOME" to 741-741 in U.S &
Canada to chat with licensed crisis counselors

Substance Abuse and Mental Health Services
Administration (SAMHSA):
<https://www.samhsa.gov/>

- SAMHSA National Helpline:
1-800-662-HELP (4357)





The Suicide Prevention Guides is brought to you by [The Wake Up Project](#).

We're encouraging those who enjoy this guide to [donate](#) to [The Wake Up Project](#) which is a nonprofit organization dedicated to suicide prevention and mental health awareness. This guide is part of a series created by the [Cannabis Creative Movement](#), a joint effort fueled by [PufCreativ](#) and [The 9th Block](#) agencies.