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Governor



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Nevada Commission for Persons who are Deaf and Hard of Hearing

Division of Public and Behavioral Health

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Nevada Office of Suicide Prevention

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Department of Health and Human Services

Helping people. It's who we are and what we do.



Nevada Office of Suicide Prevention. Who Are We?

Our primary goal is to prevent suicide through education, training, and awareness campaigns. We work to promote suicide prevention across the state, particularly among high-risk populations, such as youth, veterans, and LGBTQ individuals. We collaborate with local and national partners to identify and address the underlying factors that contribute to suicidal ideation and behavior.



Suicide Statistics

United States, 2020

- 45,979 suicide deaths
- Firearms used in over 52.8% of suicide deaths vs NV 61.7%
- 3.87 male deaths to every female death(3.98 in NV)
- One suicide death every 11.41 minutes
- The nation loses 17-22 veterans per day in the United States.

Nevada, 2020

13th highest rate in US with 603 deaths

2nd leading cause of death for ages 8-34

Nevada's elders have 4th highest rate 65+

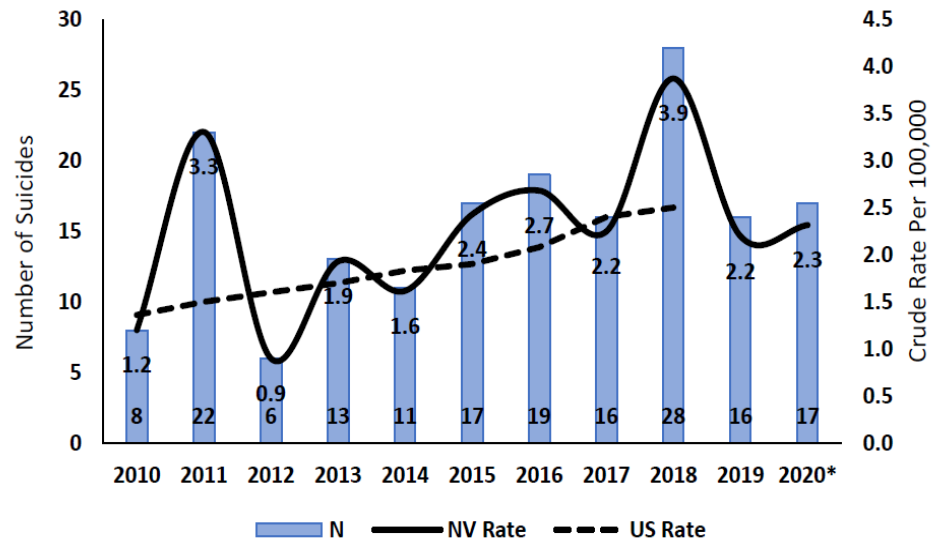
More deaths by suicide than homicides (217) and transportation deaths (380) combined

Nevada Residents Aged 0-17 Years Old, 2010-2020

Youth (17 and Under) Suicide Counts and Rates by Year, Nevada Residents, 2010-2020*

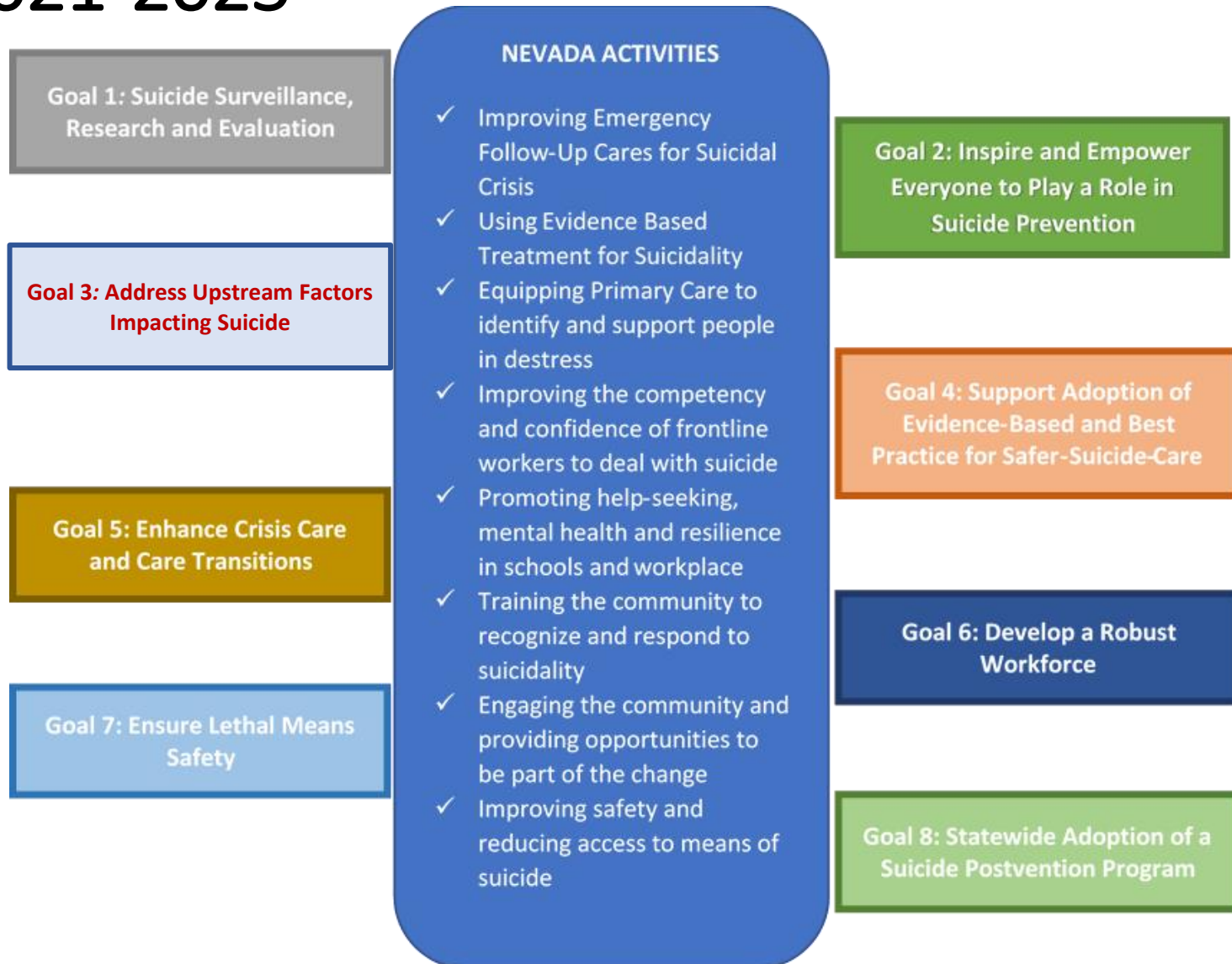
Data are preliminary and subject to change.

Year	N	NV Rate	US Rate
2010	8	1.2	1.4
2011	22	3.3	1.5
2012	6	0.9	1.6
2013	13	1.9	1.7
2014	11	1.6	1.8
2015	17	2.4	1.9
2016	19	2.7	2.1
2017	16	2.2	2.4
2018	28	3.9	2.5
2019	16	2.2	N/A
2020*	17	2.3	N/A



Rate are per 100,000 age specific population, provided by the State Demographer (vintage 2019). Clark County has an average of 13 youth suicides a year, while Washoe County has an average of 3 youth suicides per year. Source: DHHS, Office of Analytics, 2021.

NV Suicide Prevention Plan Draft Update 2021-2025



Vital Signs Report-What We Can Do



Strengthen economic supports

- Strengthen household financial security
- Housing stabilization policies



Strengthen access and delivery of suicide care

- Coverage of mental health conditions in health insurance policies
- Reduce provider shortages in underserved areas
- Safer suicide care through system change



Create protective environments

- Reduce access to lethal means among persons at risk of suicide
- Organizational policies and culture
- Community-based policies to reduce excessive alcohol use



Promote connectedness

- Peer norm programs
- Community engagement activities



Teach coping and problem-solving skills

- Social-emotional learning programs
- Parenting skill and family relationship programs



Identify and support people at risk

- Gatekeeper training
- Crisis intervention
- Treatment for people at risk of suicide
- Treatment to prevent re-attempts



Lessen harms and prevent future risk

- Postvention
- Safe reporting and messaging about suicide

Our Future Directions...

A Start:

- Adding closed-captioning on our training videos
- Providing chat-based training sessions as an alternative to video conference-based sessions.
- Creating a manuscript for our trainings.
- Adding more resources for persons who are deaf and hard of hearing/

Next Step:

- Integrating American sign language interpreters and transcribers into all of our training sessions.

Researching:

- How do we reach out to bring greater awareness of the services to potential texters and potential crisis counselors?
- How do we address the specific mental health needs of our deaf and hard of hearing texters? Providing accessible resources and culturally-competent support needs to be a priority. Bringing in health care providers experienced in working with the Deaf community will help us to ensure that our work is sensitive to their specific needs.

Youth Suicide Prevention

- Project AWARE: Washoe, Carson, SPCSA
- Creation of Youth Suicide Prevention Coordinator Position
- Training
- Youth & Family Voice
- Safe Messaging Expertise
- Toolkit and Resource Deve
- Youth Suicide Prevention Strategic Plan



Youth Suicide Prevention Coordinator

- Trainings
- Toolkits
- Community Engagement
- Youth Voice



Our Trainings:

- Offered Virtually/In-Person
- We provide training programs for health care providers, educators, law enforcement, and other community members to recognize warning signs of suicide and to respond appropriately. We also offer crisis intervention services and support for individuals and families affected by suicide.



Resources for Help

- **Suicide Prevention Lifeline:** 988
- **Crisis Text Line:** Text HOME to 741741
- **Veterans Crisis Line:** 988 press 1
- **VA Healthcare System:** 1-888-838-6256
- **Emergency services:** 9-1-1, local hospitals
- **Immediate Mental Health Rural CARE Team:** 1-877-283-2437
- **MOST Team Non-emergency Dispatch:** 775-334-2677
- **Problem Gamblers HelpLine:** 1-800-522-4700
- **Mobile Crisis (youth)—SN/Rural:** 702-486-7865 NN: 775-688-1670
- **The Trevor Lifeline:** 1-866-488-7386
- **Reno Behavioral Healthcare Hospital:** 775-393-2249
- **Desert Parkway:** 877-663-7976
- **NV 211 Resilience Project:** 211
- **Telemedicine:** Counseling programs, private therapist



Resources for Help

- **American Foundation for Suicide Prevention (AFSP)** www.afsp.org
- **American Association of Suicidology (AAS)** www.suicidology.org
- **Suicide Prevention Resource Center (SPRC)** www.sprc.org
- **Nevada State Suicide Prevention** www.suicideprevention.nv.gov
- **Nevada Coalition for Suicide Prevention** www.nvsuicideprevention.org
- **NAMI Nevada** www.naminevada.org
- **Now Matters Now** www.nowmattersnow.org

Other Training Opportunities

- safeTALK: (Suicide Alertness) 3-4 hour training
- ASIST: (Applied Suicide Intervention Skills Training) Two-day workshop
- YMHFA: Youth Mental Health First Aid 8-hour workshop
- CAMScare online training
- TMCC and CASAT online trainings
- Suicide Prevention Resource Center Online Training

Counseling on Access to Lethal Means (CALM)

Preventing Suicide in Emergency Department Patients

Implementing a Suicide Prevention Gatekeeper Training Program

NAMI Western Nevada Warmline and Caring Contacts

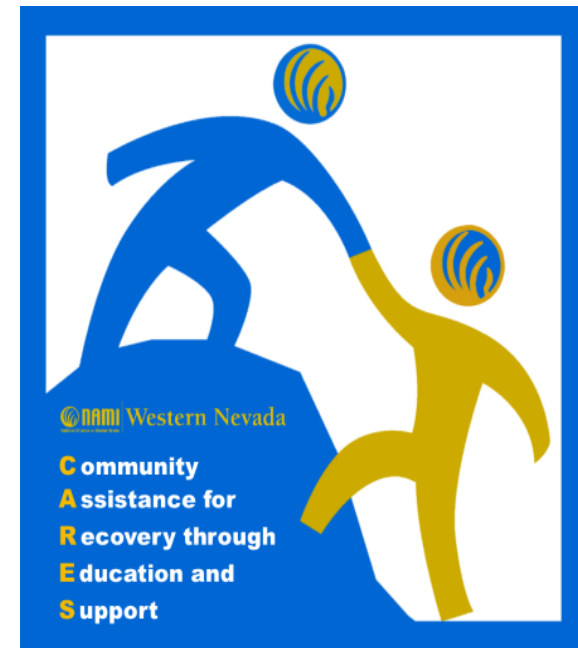
The Warmline is a stigma-free, non-crisis, phone service you can call or text at [775-241-4212](tel:775-241-4212) to speak one-on-one with a NAMI WNV CARES operator. The Warmline is staffed by trained peers in recovery, who provide support to peers by telephone.

Nevada Caring Contacts

- Fills the gaps between identification and follow-up
- Supplements traditional mental health services ages 15 and up

For more information or to make a referral:

Call [775-241-4212](tel:775-241-4212) or email caringcontacts.namiwnv@gmail.com



Crisis Support Services of Nevada/ National Suicide Prevention Hotline



CRISIS
SUPPORT
SERVICES
OF NEVADA

- For more than 50 years, Crisis Support Services of Nevada – formerly known as the Crisis Call Center – has provided an empathetic ear, a caring heart and a helping hand to anyone in need. Last year, we helped more **than 67,000 people** across Nevada and the U.S. through our hotline, text line and in-person advocacy services.
- Call/Text/or Web Chat with [988](https://www.988lifeline.org/).

What happens when you text the 988 crisis hotline?

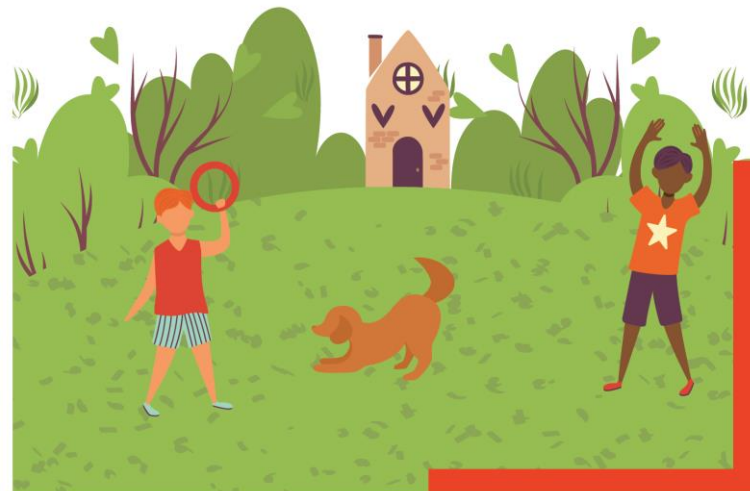
- You'll receive an automated text asking you what your crisis is. Within minutes, a live trained crisis counselor will answer your text. They will help you out of your moment of crisis and work with you to create a plan to continue to feel better.

Regional Behavioral Health Policy Boards

Hospital Guide for Youth Mental Health Crisis



Parent's Guide to Youth Mental Health in Nevada





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Questions?

