



the
kimmy
FOUNDATION®



MORE
TOMORROWS
HOPE, HELP & HEALING TO PREVENT SUICIDE



The Kim Foundation

- Founded in honor of Larry Courtnage's Daughter, Kim
- We strive to:
 - Connect people to resources
 - Provide grants to local non-profits
 - Increase awareness about mental health and suicide prevention
 - Break down stigma often associated with seeking mental health care



*Larry and Kathy Courtnage
Family*

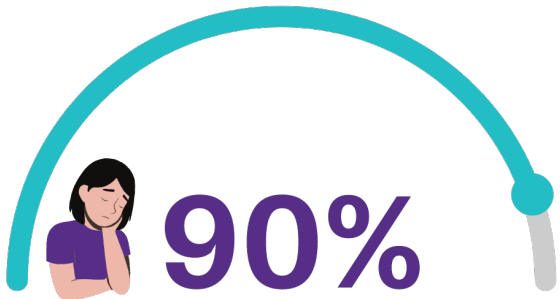
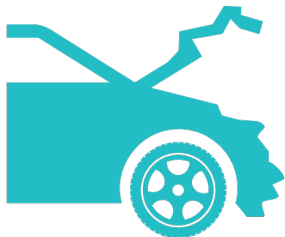
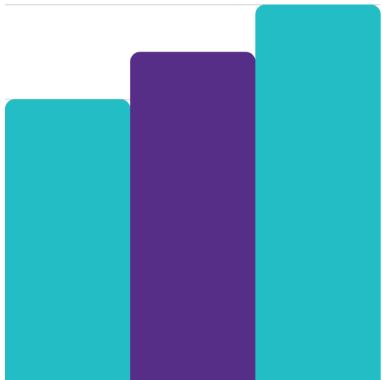
Elephant in the Room



Do you feel like mental health and suicide are still stigmatized in the construction community? Why?



The Facts





Suicide Prevention in the Workplace

Why it's important: Approximately 80% of people who die by suicide are of working age (18-65). Making the workplace the most cross-cutting system for suicide prevention, intervention & crisis response.

<https://workplacesuicideprevention.com/>

[ConstSuicPrev10Ques.pdf \(theactionalliance.org\)](https://theactionalliance.org/communities/workplace/construction/ConstSuicPrev10Ques.pdf)

<https://theactionalliance.org/communities/workplace/construction>

Accommodations – if you know they've been struggling in the past



Construction Industry Concerns

- The occupational group with the highest male suicide rate is Construction.
- Suicide must be a health & safety priority in construction and needs to come from the top down.
- Too often, the construction industry “culture of safety” is limited to the physical aspects, neglecting the psychological components. (CFMA)
- “Tough guy” culture of fearlessness and stoicism.



Construction Industry Concerns

- Chronic pain from years of physical labor.
- High pressure environment
 - Budget
 - Schedule
- Seasonal employment leading to
 - Financial concerns
 - Travel to remote projects
 - Fragmented community
 - Separation from family and friends

















Suicide Risk Factors

Risk factors are a combination of factors that contribute to the risk of suicide. They are not direct causes of suicide.

- Death or other trauma in the family
- Mental health conditions
- Physical illness, disability, and pain
- Social isolation
- Persistent serious family conflict
- Traumatic break-ups of romantic relationships
- Physical & sexual abuse
- Trouble with the law
- Failures, major disappointments
- Bullying or harassment
- Prior suicide attempts

Suicide Warning Signs

				
Talking about killing themselves	Increasing the use of alcohol or drugs	Uncontrollable anger or sadness	Irrational mood swings	Feeling worthless & without purpose
				
Feeling hopeless, desperate or trapped	Loss of interest in things they enjoyed	Withdrawal from loved ones	Anxiety & depression	Change in sleep & eating habits
				
Neglecting personal hygiene & care	Self-injury or reckless behavior	Communicating unusual thoughts	Giving away prized possessions	



Protective Factors

Protective factors help reduce a person's chances of having suicidal thoughts or actions.

- Being involved in hobbies or activities
- Being connected to your community
- Having access to treatment
- Not having access to means



Protective Factors

Protective factors help reduce a person's chances of having suicidal thoughts or actions.

- Having strong problem-solving skills
- Having a positive self-image
- Having a spiritual life or faith
- Having close family relationships
- Having strong peer support systems





Helping Someone

- The most effective way to prevent suicide is to know the warning signs & how to respond when you or someone you know is experiencing them.
- Take ANY comments or thoughts about suicide very seriously.



Helping Someone

- Someone who is suicidal should NEVER be left alone. Stay with that person until they are connected with proper help.
- If you are concerned about someone, set aside time to sit down and talk with them in private.
- Asking the question, “Are you thinking about suicide?” will not put the idea into someone’s head.

ACT – SOS Signs of Suicide Prevention Program

Acknowledge the changes or warning signs you have noticed. For example:

“Lately, I’ve noticed that you have been really irritated and no longer seem to enjoy _____. You seem really down. I’m worried about you, what’s going on?”

- Be sure to ask, “What’s going on?” not, “Is something going on?”
- Refrain from judgement or the impulse to “fix” the problem, just LISTEN.
- Do not argue, debate, or analyze.
- Show that you care and say it.

ACT – SOS Signs of Suicide Prevention Program

Care: Once they are done talking, validate their feelings/concerns, provide them with support, and connect them to resources. For example:

“I can’t imagine how difficult this must be. Please know that I am here for you and I care about you. I can’t fix____, but let’s find someone who may be able to help you.”

Avoid statements like:

“I know how you feel.”

“Snap out of it!”

“It could be worse!”

“You need to get over _____, its not that big of a deal!”



ACT – SOS Signs of Suicide Prevention Program

Tell: Follow your gut. If you are concerned that they might be thinking about suicide, ask them about it and **Tell** the right person.

- Help them create a safety plan.
- Assess the severity
 - Are you thinking of suicide?
 - Have you thought about how you would take your life?
 - Do you have access to those means?

Talk with us.



If you or someone you
know needs support now,
call or text 988 or chat
988lifeline.org



Community Resources

- MoreTomorrowsNE.org
- Suicide & Crisis Lifeline - 988
- Boys Town National Hotline 1.800.448.3000 or www.yourlifeyourvoice.org chat via text, email or online messaging
- Nebraska Family Helpline 1.888.866.8660
- Crisis Text Line – Text START to 741741
- The Trevor Project – 1.866.4.U.TREVOR (866.488.7386) www.trevorproject.org
- www.nebraskamentalehealth.com



Questions?

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