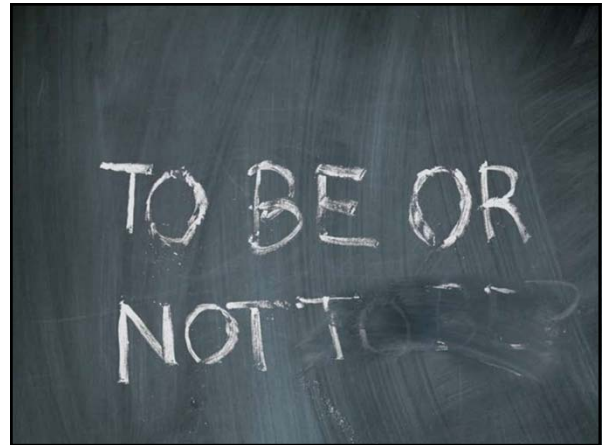
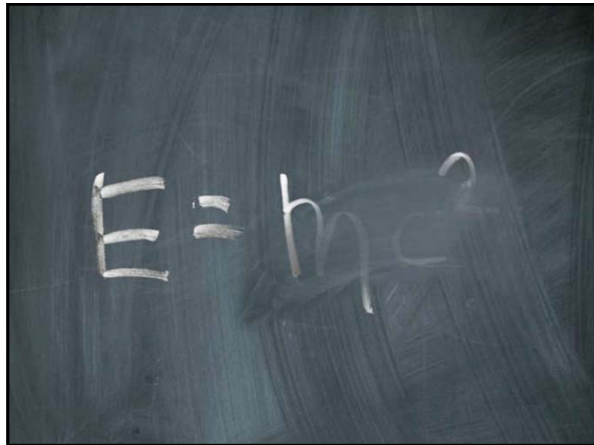
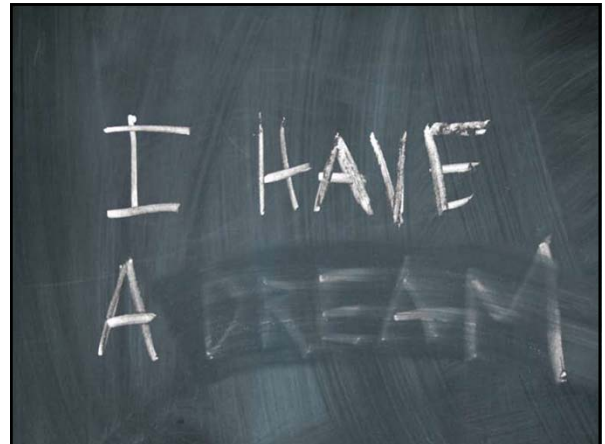





Be a Shining
Light of Hope

Sally Spencer-Thomas, Psy.D., USA
CEO, Co-Founder • Carson J Spencer Foundation
Sally@CarsonJSpencer.org

Goals of Presentation

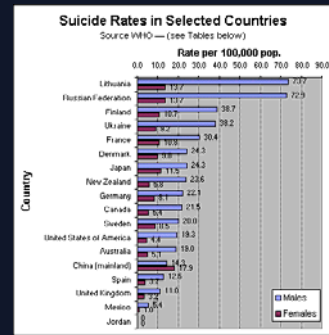


- Journey from bereavement to action
- Suicide Prevention Advocacy
 - What it means
 - How to Grow a Movement

“Statistics are merely aggregate numbers with the tears wiped away.”

Dr Irving Selikoff

International Suicide Rates

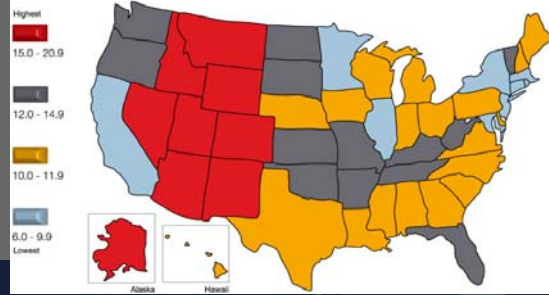


Carson Spencer 1969-2004
www.CarsonSpencer.org

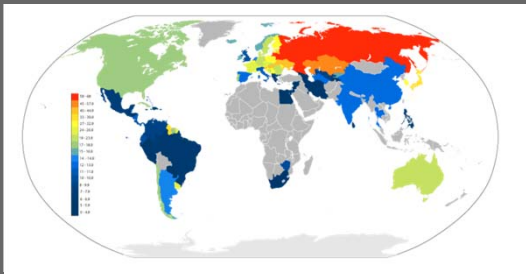


Suicide Rates by State, 2000-2004

(Age-adjusted rates per 100,000 population)



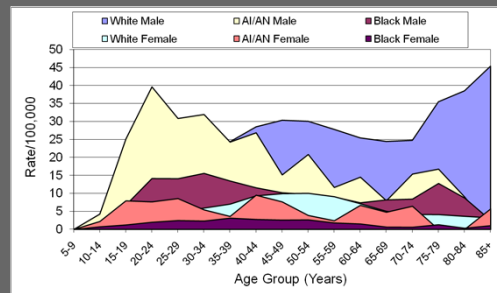
International Suicide Rates



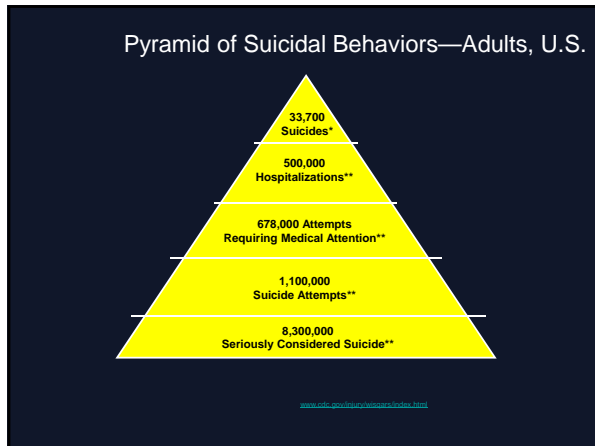
WHO 2009

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Suicide Rates by Age Group, United States, 2007



Source: National Center for Health Statistics
Note: Non-Hispanic Ethnicity



Starting with Self

- ☆ Examine beliefs
- ☆ Increase knowledge
- ☆ Develop Skills

What is Suicide Prevention Advocacy

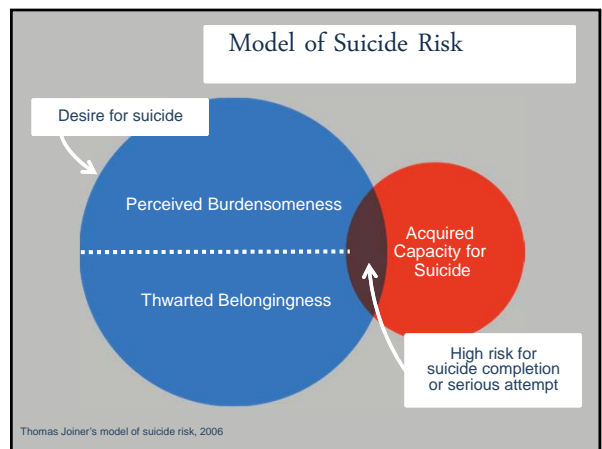
World Health Organization: “The concept of mental health advocacy has been developed to promote the human rights of persons with mental disorders and to reduce stigma and discrimination. It consists of various actions aimed at changing the major structural and attitudinal barriers to achieving positive mental health outcomes in populations.”

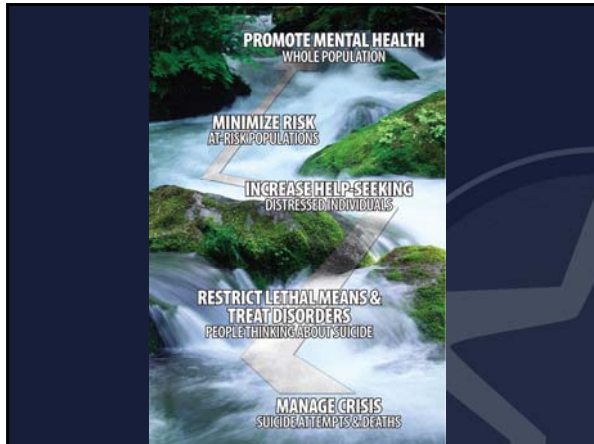
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“Hope is the antidote to suicide.”

Three Steps to Becoming a Suicide Prevention Advocate

1. Start with yourself
2. Instill hope
3. Engage a wider circle





“The antidote to exhaustion is not necessarily rest... The antidote to exhaustion is wholeheartedness.”

David Whyte

- ### What Do Suicide Prevention Advocates Do?
- ORGANIZED EMPOWERMENT**
- ✓ Giving voice to those who have been silenced
 - ✓ Mobilize bystanders and connect constituencies
 - ✓ Stand in solidarity: power & momentum
 - ✓ Act against injustice
 - Champion mental health parity
 - Educate elected officials
 - Testify at public hearings
 - Collaborate with the media
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Tipping Point:
Engaging a Wider Circle

Suicide affects everyone.

Never Give Up

“Before the water turns to ice, it looks just the same as before. Then a few crystals form, and suddenly the whole system undergoes cataclysmic change.”

-Joanna Macy, eco-psychologist

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