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Goals of Presentation
Journey from bereavement to action
Suicide Prevention Advocacy
What it means
How to Grow a Movement
Pyramid of Suicidal Behaviors—Adults, U.S.

- 23,700 Suicides
- 586,000 Hospitalizations
- 670,000 Attempts Requiring Medical Attention
- 1,100,000 Suicide Attempts
- 8,300,000 Seriously Considered Suicide

Source:


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.”

Starting with Self
- Examine beliefs
- Increase knowledge
- Develop Skills

“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

Model of Suicide Risk

- Desire for suicide
- Perceived Burdensomeness
- Acquired Capacity for Suicide
- Thwarted Belongingness
- High risk for suicide completion or serious attempt

The antidote to exhaustion is not necessarily rest…The antidote to exhaustion is wholeheartedness."

**Tipping Point:** Engaging a Wider Circle

**Suicide affects everyone.**

**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
“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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