

State of Nevada Suicide Prevention Efforts Psychedelic Medicines Working Group

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Office of Suicide Prevention
April 12, 2024



NEVADA DIVISION of PUBLIC
and BEHAVIORAL HEALTH



Office of
Suicide
Prevention
Department of Health
and Human Services

ALL IN GOOD HEALTH.

Suicide Statistics



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United States, 2021

- 48,183 suicide deaths, up 4.8%
- Firearms used in over 54.64% (up 4%) of suicides
- 3.9 male deaths to every female death
- A suicide every 10.91 minutes

Nevada, 2021

- 9th highest rate, (691) up 14.6%
- 12-17, 13th rate in the nation, up 22.22%
- 18-24, 6th rate in the nation, up 27.42%
- 25-64, 16th rate in the nation, up 15%
- 65+, 3rd rate in the nation, up 7.33%
- Firearms used in over 59.77% (down 11%) of suicides
- More suicides than homicides (264), transportation deaths (422) combined.

Nevada Suicide Predictive Data



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Nevada	2018 to 2020	2020 to 2021	2021 to 2022	2022 to 2023
○ 17 and under	○ 25% Decrease	○ 11.1% Increase	○ 0%	○ Probable Decrease
○ 18 to 24	○ 21% Increase	○ 17.3% Increase	○ 0%	○ Probable Decrease
○ 25 to 64	○ 11.8% Decrease	○ 1.8% Increase	○ 15.74% Increase	○ Probable Decrease
○ 65 and above	○ 8.7% Increase	○ 10.2% Increase	○ 7.28% Decrease	○ Increase

Source: Nevada Coroners Offices 87 to 90% Reportable

OSP Efforts



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In 2023, the Office of Suicide Prevention trained over 5,000 people in various suicide prevention programs held across the state of Nevada. This number does not reflect conferences, presentations, resource tabling events, or roundtable discussions that the team frequently attends and presents at throughout the year. Our Strategic Plan Initiatives include:

- **Suicide Postvention Toolkit:** In partnership with the Office for Safe and Respectful Learning Environments with the Nevada Department of Education, the Nevada Postvention Toolkit has been in development and will be released in 2024 for school districts, community partners and agencies to have a cohesive framework for providing support in the aftermath of a suicide.
- **Safe Messaging on Suicide:** Studies show the way we talk about suicide has a profound impact on suicide attempt and loss survivors, as well as those living with mental health challenges. In 2023, the office debuted the Safe Messaging on Suicide training to help Nevadans learn about updated language regarding suicide and how to better support lived experience. It is our goal to expand this training statewide in the coming year.
- **Governor's and Mayors' Challenge Teams to Prevent Suicide with Service Members, Veterans and Their Families:** In partnership with the Nevada Department of Veteran Services

OSP Efforts



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- **Diversity, Equity, and Inclusion:** OSP has been collaborating through town halls and stakeholder partnerships to improve resources and outreach for Hispanic and Latino communities, Native Tribes, the Deaf and Hard of Hearing community, Rancher/Farmer Populations. Suicide can impact anybody of all ages, cultures, and demographics. The Office of Suicide Prevention aims to expand our reach on prevention efforts to underserved communities where there has previously been limited support or training opportunities.
- **Reducing Access to Lethal Means:** The CDC reports firearms continue to be the leading means for suicide, with 54% of all United States suicide deaths being attributed to firearms. However, lethal means can be anything that can cause death or harm to a person, and could be medication, motor vehicles, and other household items. It is important to educate communities on how to remove or limit access to lethal means especially during times of high risk. The Nevada Office of Suicide Prevention has statewide partnerships to provide gun safes, gun locks, and medication deactivating bags to support Nevadans in reducing access to lethal means. We are also partnering with Northern Nevada Public Health's CHIP efforts.
- **Crisis Response System: 988, Mobile Crisis and Crisis Stabilization Centers:** In partnership with the Crisis Response Unit within the Department of Public and Behavioral Health, our team has provided training and support for crisis line responders and the staff with various hospitals through the Nevada Zero Suicide Initiative. We will also strengthen the collaboration with the Washoe County Community Health Improvement Plan focusing on the Zero Suicide Initiative and supporting statewide crisis response.

Office of Suicide Prevention Training Opportunities Over 140 Thousand Community Members Trained



- Resource Introduction (15 – 60 minutes)
- Suicide Prevention Trainings:
- Nevada Suicide Prevention 101 for Specialized Training Environments, 2.5 Hrs.
- Nevada Suicide Prevention Safe Messaging, 2.5 Hrs.
- Nevada Suicide Prevention, Community and Parents Gun Safety, 2.5 Hrs.
- Nevada Internet & Social Media influence on Suicides over the Past Decade, 2.5 Hrs.
- Signs of Suicide Middle and High School training programs and screenings
- safeTALK: (Suicide Alertness For Everyone) 3-4 Hrs.
- Youth or Adult Mental Health First Aid, 8 Hrs.
- ASIST: (Applied Suicide Intervention Skills Training) Two-day workshop

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How to Help

9-8-8

In an acute crisis, call **9-1-1**.
Do not leave the individual alone.

Call, text or chat

Suicide and Crisis Lifeline
[988lifeline.org](https://www.988lifeline.org)

Resources for People at Risk for Suicide



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- **Suicide and Crisis Lifeline: 988 call, text or chat 988lifeline.org**
- **Mobile Crisis--SN/Rural: 702-486-7865, NN: 775-688-1670**
- **Nevada Teen Peer Support Text Line 775-296-8336 (Also online live chat at namiwesternnevada.org)**
- **Nevada Caring Contacts: To refer email caringcontacts.namiwnv@gmail.com**
- **Veterans Crisis Line: 988, press 1**
- **The Trevor Lifeline: 866-488-7386 or text 678 678**
- **NAMI WarmLine 775-241-4212**
- **Nevada Peer Support Network for 1st Responders - 866-267-2267**
- **Problem Gamblers HelpLine 800-522-4700**
- **Counseling programs, private therapists**
- **Emergency services, 9-1-1, local hospitals**



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