



NCMIC Webinar

Suicide Awareness

Today's Webinar

- Listeners are on mute
- To ask questions, use the Webinar Geek chat feature
- Recording will be emailed and will be posted to www.ncmic.com within a few days

Next Webinar



- November 17, 2022
- We're talking about how to use Facebook to understand your follower demographics (and how to snoop on the competition!)
- 2:00 p.m. Central Time
- Webinar will be recorded if you can't watch live

Dr. Mario Fucinari



DEPRESSION



- Currently, 23.2% of U.S. adults have symptoms of depression
- Depression is the leading cause of disability worldwide
- Women are affected more than men
- Depression can lead to suicide

World Health Organization, July 2022

SUICIDE STATISTICS



- Suicide occurs in any age group, any race, ethnicity, and sex.
- Suicide in the U.S. general population is 13.9 per 100,000

Centers for Disease Control



SUICIDE STATISTICS

Groups at Higher Risk for Suicide

- Veterans
- Tribal Populations
- Middle-Aged Adults
- LGB High School Students
- People with Disabilities

Centers for Disease Control

SUICIDE STATISTICS



Occupations at *Significantly* Higher Risk for Suicide

- Mining, Quarrying, and Oil and Gas Extraction (males: 54.2 per 100,000)
- Construction (males: 45.3 per 100,000)
- Other Services (such as automotive repair; males: 39.1 per 100,000)
- Agriculture, Forestry, Fishing, and Hunting (males: 36.1 per 100,000)
- Transportation and Warehousing (males: 29.8 per 100,000; females: 10.1 per 100,000)

Centers for Disease Control

SUICIDE STATISTICS



Occupations at a Greater Risk for Suicide

- Construction and Extraction (males: 49.4 per 100,000; females: 25.5 per 100,000)**
- Installation, Maintenance, and Repair (males: 36.9 per 100,000)
- Arts, Design, Entertainment, Sports, and Media (males: 32.0 per 100,000)
- Transportation and Material Moving (males: 30.4 per 100,000; females: 12.5 per 100,000)
- Protective Service (females: 14.0 per 100,000)
- Healthcare Support (females: 10.6 per 100,000)

Centers for Disease Control



SUICIDE STATISTICS

Professions at a Greater Risk for Suicide

- Medical Doctors 1.87 X Normal
- Dentists 1.67 X Normal
- Police Officers 1.54 X Normal
- Veterinarians 1.54 X Normal
- Chiropractors 1.5 X Normal

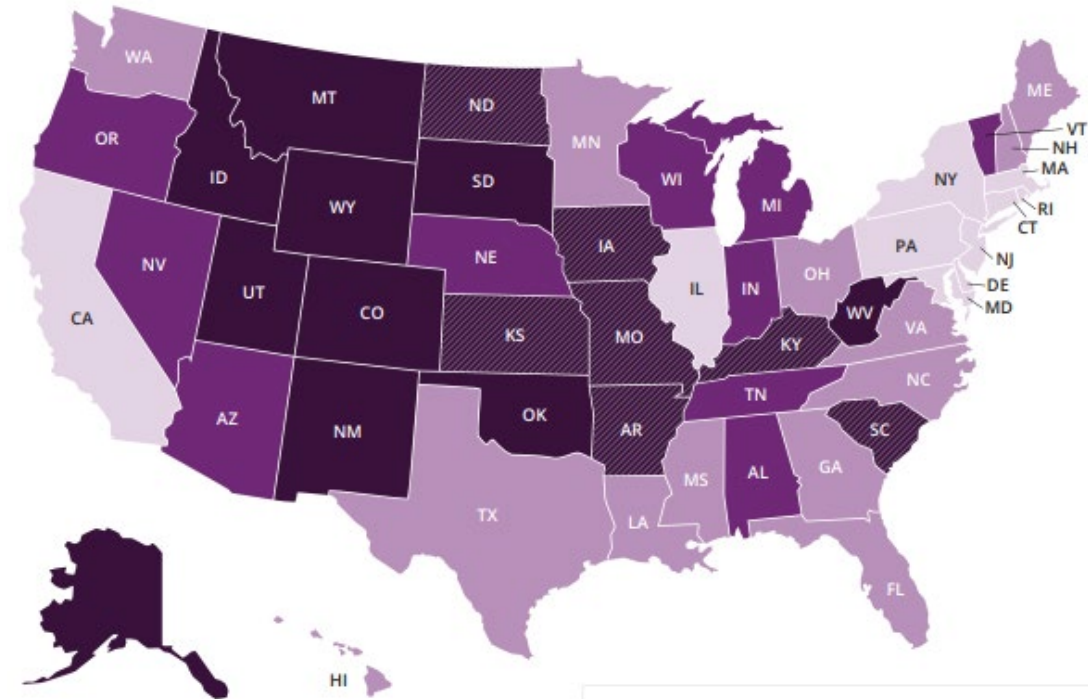
National Institute for Occupational Safety and Health

SUICIDE STATISTICS



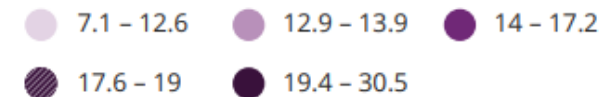
States with the Highest Risk for Suicide

- Wyoming
- Alaska
- Montana
- New Mexico
- Idaho



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Age-Adjusted Death Rates





- **The stress from Coronavirus and the loneliness from social distancing has led to an increase in opioid use**
- **About 80 percent of people who use heroin first misused prescription opioids.**

<https://www.drugabuse.gov/publications/research-reports/prescription-opioids-heroin/introduction>

The COVID-19 Emotional Toll



Young and middle-aged adults suffered more from the pandemic restrictions because they have challenges that many older adults no longer have.

Journal of Gerontology: Psychological Sciences. www.psychom.net/covid-19-suicide-rates

Risk Factors for Suicide

- Mental health disorders
- Prior suicide attempts
- Social isolation
- Physical illness
- Unemployment
- Family conflict/Loss
- Family history of suicide
- Impulsivity
- Incarceration
- Hopelessness
- Seasonal variation
- Serotonin dysfunction
- Agitation, insomnia
- Childhood trauma
- Exposure to suicide
- Homelessness
- Combat exposure
- Low self-esteem, shame

Mental Health and Chiropractic

- When someone in your life is struggling with mental health problems, don't feel like you have to fix it
- Be a *non-judgmental* WITNESS
- Be a **PRESENCE** for another person
- If **YOU** are suffering with stress and depression, reach out and get help.

NATIONAL

SUICIDE

PREVENTION

LIFELINE

TM

1-800-273-TALK (8255)

suicidepreventionlifeline.org

RED NACIONAL

de

PREVENCIÓN

TEXT 988

SUICIDIO

1-888-628-9454

prevenciondelsuicidio.org

If YOU Need Help

- Talk to a person about your feelings.
- Phone a Friend. FaceTime them!
- Have lunch or coffee with a friend.
- Have a weekly get together with a friend by going to the movies, a concert, or dinner.
- Go for a walk with a workout buddy.
- Meet new people by taking an *in-person* class or joining a club.
- Confide in a clergy member, teacher, or colleague.



National Helpline, 1-800-662-HELP (4357)

If you have questions...

www.NCMIC.com

Dr. Mario Fucinari

www.AskMario.com

E-mail: Doc@AskMario.com



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