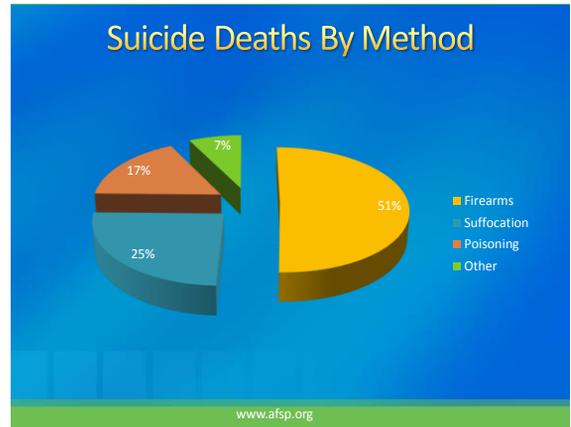
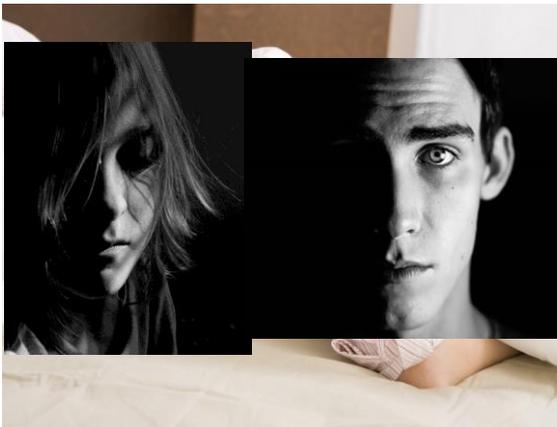


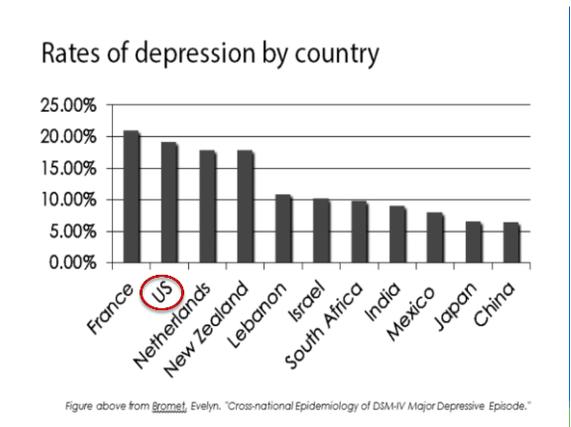


It is estimated that 1 in 10 Americans have some form of depression.

(CDC, 2010)



EVERY 40 SECONDS SOMEONE IN THE WORLD DIES BY SUICIDE.





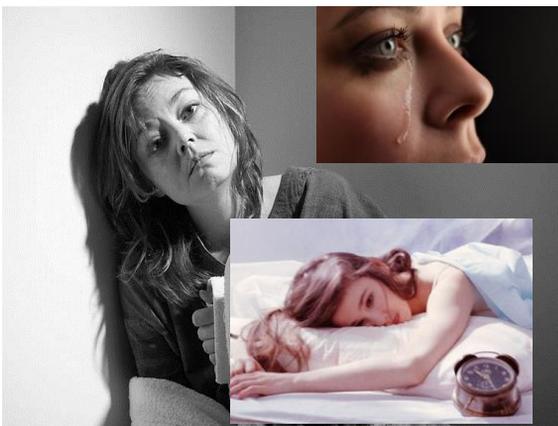
The suicide rate is typically about 4 times higher among men than among women.

(www.afsp.org)



80% of the people who have symptoms of clinical depression are not receiving any specific treatment for their depression.

(www.healthline.com)



There is one successful suicide for every 25 attempted suicides.

MMWR

Surveillance Summaries 2011;60(no. SS-13).



States with higher rates of depression also have populations with more:

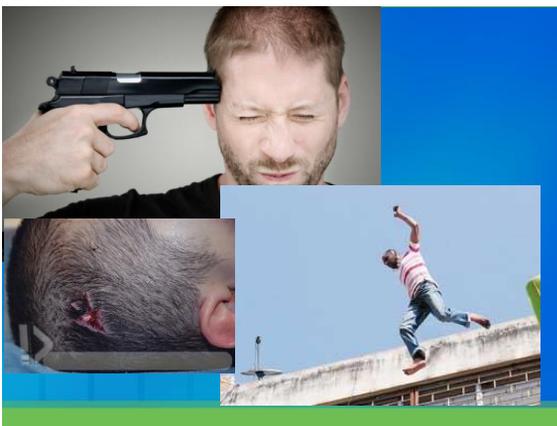
- Heart disease
- Stroke
- Obesity
- Sleep Disorders

(www.healthline.org)



There were 38,364 suicides in 2010 in the United States - an average of 105 each day.

(WISQARS) [online]. (2010). [cited 2012 Oct 19]



By age 15, girls are twice as likely as boys to have had a major depressive episode.

Archives of General Psychiatry, 2000; 57:21–27.



The economic cost of suicide death in the U.S. is estimated to be \$34 billion annually.

(www.afsp.org)



You see and hear about these patients all the time....

...BUT WHAT IF THAT PATIENT, IS YOU?

THIS IS THE STORY OF ME



Depression and Suicide: A Patient's Perspective

2014 Virginia EMS Conference

What is Depression?

- Profound sadness or feeling of melancholy
 - Discouragement
 - Loss of control
 - Worthlessness
 - Helplessness
 - Hopelessness



Childhood



THE UNIVERSITY OF
TOLEDO
1872



Depression – Contributing Factors

- **Heredity**
 - Researchers have identified several genes that may be involved
- **Stress**
 - Stressful life events, particularly a loss or threatened loss of a loved one or a job
- **Medications**
 - Long-term use of drugs used to control high blood pressure, sleeping pills and occasionally, birth control pills

Depression – Contributing Factors

- **Illnesses**
 - Heart disease, stroke, diabetes, cancer or Alzheimer's disease, or an underactive thyroid
 - Depression occurs in up to half the people who've had heart attacks
- **Personality**
 - Having low self-esteem and being overly dependent, self-critical, pessimistic and easily overwhelmed by stress

Depression – Contributing Factors

• Postpartum

- Usually occurs a few days to weeks after giving birth - affecting 25% of new mothers
- Feelings of sadness, anger, anxiety, irritability and incompetence

• Diet

- Deficiencies in folic acid and vitamin B-12
- Low levels of both nutrients are linked to a poorer response to antidepressant medications

Spring, 1985/March, 1995

THE LOSSES



January 2002



Spring/Summer, 2002

THERAPY AND COUNSELING

February 21, 2004



2008

My Best Friend

Money Issues

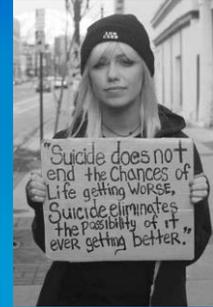
September, 2010

SAME PROBLEMS



InSAD CAGES

- Interest
- Sleep
- Appetite
- Depressed Mood
- Concentration
- Activity
- Guilt
- Energy
- Suicide



2011



Depression Medications

- **Selective serotonin reuptake inhibitors (SSRI's)**
 - Prozac, Paxil, Zoloft, Celexa, Wellbutrin, Zyban
- **Serotonin and Norepinephrine Reuptake Inhibitors (SNRI's)**
 - Effexor, Cymbalta
- **Tricyclic and tetracyclic antidepressants/MAOI's**
 - Elavil
- **Stimulants**
 - Ritalin

2012

D
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A Permanent Solution To A Temporary Problem

SAD PERSONS

- Sex - male
- Age – 15-24y/o
- Depression
- Previous exposure - 7 times more likely
- Ethanol
- Rational thinking - impaired
- Social support - lacks
- Organized plan
- No significant other
- Sickness – chronic illness/injury

Response to at-risk suicidal patients

- Arriving at the scene
 - Ensure the safety of everyone present
 - Work with law enforcement officers to remove any lethal means the patient may have
- Patient Contact
 - Establish rapport with the patient
 - Talk in a calm and supportive manner
 - Explain what is happening

Response to at-risk suicidal patients

- Address any serious medical needs first
- Whether or not an attempt has been made, encourage the patient to talk about how he or she is feeling
 - Acknowledge the feelings and do not judge them

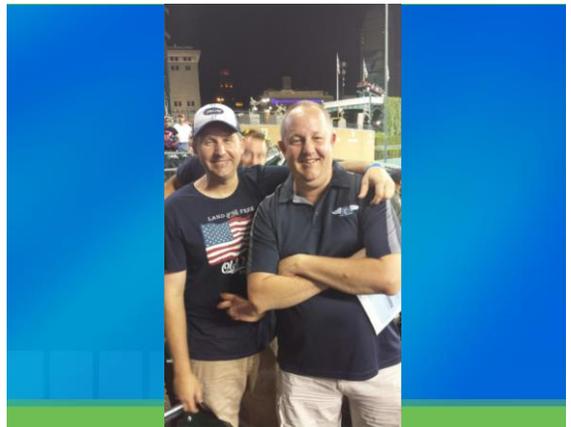
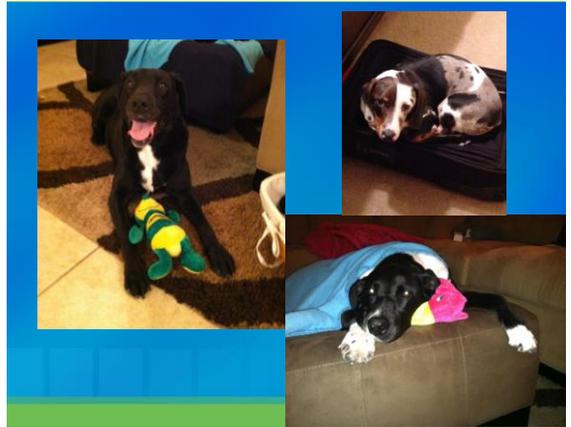
Response to at-risk suicidal patients

- Supervise the patient constantly
- Collect and bring to the hospital any toxic substances, alcohol, drugs or medications that might have been taken
- Transport the patient to the hospital

August 30, 2013



WHAT IF ??



THANK YOU FOR LISTENING
CHRISTOPHER EBRIGHT
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Resources

- www.solutions-recovery.com
- www.foxnews.com
- www.npr.org
- www.keystoneclinicalstudies.com
- www.hypnotherapyandmeditation.com
- www.fishfoodbook.com
- www.b2beck.com
- www.parentdish.com
- Historyinphotos.blogspot.com

Resources

- www.itsmyturnmovement.org
- <http://www.bu.edu/today/2012/for-suicide-survivors-sharing-heals/>
- www.foodmatters.tv
- www.evanhaydenart.com
- www.thenextgreatgeneration.com
- www.votebits.com
- www.ndtv.com
- www.prolifeintin.blogspot.com
- www.huffingtonpost.com

Resources

- www.cdc.org
- Dwight Polk, MSW, NREMT-P
- Suicide Prevention Resource Center. (2008). Is Your Patient Suicidal? Retrieved from http://www.sprc.org/sites/sprc.org/files/library/ER_SuicideRiskPosterVert2.pdf