

NEBRASKA STATE SUICIDE PREVENTION COALITION



Welcome to another issue of the [Nebraska State Suicide Prevention Coalition](#) newsletter! We encourage you to forward this to friends and colleagues by clicking on the link at the bottom of the page.

We hope you find this informative and that you enjoy the stories we've included this issue. As always, check out our [website](#) for more information.

Nebraska Training Resources

[Youth Suicide Prevention Webinar](#) The topic "Postvention" will be presented by the Nebraska LOSS Team on October 18, 2011 at noon Central Time. Registration and participation is free.

[Gatekeeper Training](#) using the QPR© training program.

Walk Helps to Shed Light On Suicide

About 100 people took to the streets of downtown Grand Island Saturday, September 10, for the first Suicide Awareness Walk.

The Hall County Suicide Prevention Project sponsored the awareness walk. According to Shelley Aki, Hall County Suicide Prevention Project chairwoman, the mission of the organization is to be a catalyst for social change by facilitating a community partnership through a collaboration of efforts to promote awareness and transform attitudes that suicide is preventable.

Aki, who helped to start the Hall County Suicide Prevention Project, is a mental health practitioner. She is also a suicide survivor as she has lost a client and a friend to suicide. The Suicide Awareness Walk in Grand Island coincided with National Suicide Prevention Week (Sept. 4-10) and the World Suicide Prevention Day, which was September 10.

"Our main goal of this project is to make people aware of suicide and that it is preventable," Aki said. "We want people to be aware of the fact that suicide is a community issue. It is everyone's business because it is a preventable death."



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Upcoming Events

October 5, 1:00-2:30 p.m. Nebraska Wesleyan: QPR Training

October 6, 9:30 AM:
[National Depression Screening Day](#)

Online Screenings Available at www.bryanlgh.org

October 6, 9 a.m. - 1 p.m. Northeast Community College in Norfolk, NE
Depression screening for college students and military personnel

October 7, 9 a.m. - 3:00 p.m.
Central Community College in Columbus, NE: Operation Reintegration: Military mental health workshop

October 14: Nebraska Community Suicide Prevention Grants will be available Information [here](#)

October 18, 12:00 PM: [Youth Suicide Prevention Webinar](#), "Postvention" by Michelle Phillips and LOSS Team Members

QPR training is also available from the Hall County Suicide Prevention Project to learn more about recognizing those warning signs that could lead to a person taking their own life. QPR stands for Question, Persuade, and Refer, three simple steps that anyone can learn to help save a life from suicide.

For more information about the QPR training or the Hall County Suicide Prevention Project, contact them at hallcountysuicideprevention@gmail.com.

2nd Annual Nebraska Suicide Prevention Awareness Week Proclamation Event

On September 13, 2011, Nebraska Governor Dave Heineman declared that Sept. 12-18, 2011 was officially Suicide Prevention Awareness Week in Nebraska. The Proclamation was attended by representatives from Nebraska Military Members, Survivors, as well as State and Local Suicide Prevention Coalitions. Prior to the proclamation, there was a special event with the stakeholders, participants, and coalition members with the Nebraska Youth Suicide Prevention Project. [Click here to see the official proclamation.](#)



Researchers Study Risk of Suicide Among LGBT Youth

Researchers at New York University and the University of Arizona will study the causes behind suicide risk for lesbian, gay, bisexual, and transgender (LGBT) youth over a three-year period.

"Study after study has found higher rates of suicidal behaviors among LGBT youth than for their heterosexual peers," explained Arnold Grossman, a professor in the Department of Applied Psychology at NYU and the project's principal investigator. "Today's LGBT youth are... more likely to be exposed to suicidal risk factors-such as bullying, harassment, marginalization, and victimization by family members and peers."

The research will follow more than 1,000 LGBT youth aged 15 to 21 in three metropolitan areas in the United States. It will focus on a series of psychological factors associated with suicide. These include: being excluded from family events and belief in making things worse for others.

"Our emphasis will be comparing LGBT youth who do and do not experience any suicidal behaviors, which can include suicidal thoughts, threats, and even attempts," said Russell. "The knowledge we generate will allow us to more accurately assess LGBT youth at risk for suicidal behaviors, identify those risk factors... and create preventive messaging and interventions."

October 21, 9 a.m. - 3:00 p.m.
St. Paul's Methodist Church in Papillion: Operation Reintegration: Military mental health workshop
For more detail and a full listing of our upcoming events visit the NYSPP website:

[NYSPP Calendar](#)

Boys Town National Hotline

The Boys Town National Hotline is a crisis, resource and referral service especially for kids and parents. Trained crisis counselors help families deal with their daily concerns 24 hours per day, 7 days a week. Boys Town National Hotline crisis counselors also provides suicide prevention training to high school students in the Omaha and Lincoln area. The training includes identifying the warning signs of suicide and ways to get help. In addition to this training, counselors will provide materials that include a toll free number for assistance and web based services that include email and on line chatting.

Contact: Ginny Gohr | Director | Boys Town National Hotline | 402-498-1830

"Ask A Question, Save A Life" Aired on NET Television

In case you missed the airing on "Ask A Question, Save A Life" on NET Television on September 8, you can have a click the link [here](http://www.bryanlgh.com/body.cfm?id=2379) or visit <http://www.bryanlgh.com/body.cfm?id=2379> for more information.

The program will air again on NET2 Television on Thursday, October 13 at 7 p.m., Sunday, October 16 at 1 p.m., Thursday, October 27 at 8:30 p.m. and Sunday, October 30 at 2:30 p.m.

A black rectangular banner with red decorative swirls on the left and right sides. The text "Nebraska Youth Suicide PREVENTION" is centered in white.

Nebraska Youth Suicide
PREVENTION