

## Suicide & Guam

Suicide: ending ones life on purpose.  
It can happen to anyone.

On Guam an average of one suicide occurs every two weeks, making suicide the 5th leading cause of death on Guam according to the Guam Profile on Suicide.

Youth today face many challenges and obstacles in society. Some of the risk factors include youth who are dealing with:

- Family disputes
- Personal relationships
- School failure
- Mental illness
- Suicide in their family
- Sexual orientation
- Problems with the law.



### Support Group:

Survivors of Suicide Support Group

(671) 477-9079-83

(671) 477-8861-63

[www.peaceguam.org](http://www.peaceguam.org)

## Online Resources

American Foundation for Suicide

Prevention-[www.afsp.org](http://www.afsp.org)

National Suicide Prevention Lifeline

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Suicide Prevention Resource Center

[www.sprc.org](http://www.sprc.org)

PEACE Guam Office

[www.peaceguam.org](http://www.peaceguam.org)

Guam Department of Public Health and Social Service. Vital Statics (suicide data).

## Other Resources

### LOCAL PARTNERING AGENCIES

Department of Mental Health and Substance Abuse 24 Hour Crisis Hotline

(671) 647-8833

I Pinangon, University of Guam Campus Suicide Prevention Program

(671) 735-2888/9

Life Works Guam: Suicide Prevention Program and Rainbows for all Children on Guam

(671) 632-0257

Sanctuary, Incorporated of Guam 24 Hour Crisis Hotline

(671) 475-7100

Local Emergency **911**

### NATIONAL HOTLINE:

24 Hour National Suicide Prevention Lifeline

1-800-273-TALK

(1-800-273-8255)

24 Hour Teen Suicide Hotline

(1-800-552-8336)

24 Hour Youth Crisis Hotline

(1-800-843-5200)

# We Are No Different!



## STOP SUICIDE ON GUAM!



Department of  
MENTAL HEALTH &  
SUBSTANCE ABUSE



Garrett Lee Smith Memorial Grant  
Awarded by the Substance Abuse and  
Mental Health Service Administration  
(SAMHSA)

Grant Number IU79SM058391-01

## Recognize the Warning Signs

- Abrupt changes in personality
- Giving away possessions
- Use of drugs and/or alcohol
- Change in pattern—significant weight change
- Change in sleeping pattern-unable to sleep or sleeping all the time.
- Unwillingness or inability to communicate
- Depression
- Unusual sadness,- reckless behavior
- Withdrawal from people/activities they love
- Confusion-inability to concentrate

On Guam, Suicide is the 5th leading cause of death.

## What can you do to help?

### ASK

- Express concern by asking what is troubling your friend. Ask further questions to get to the root of the problem.
- Ask if your friend has thought about suicide.
- If your friend has thought about suicide, ask is he/she has a plan and to be persistent.

### LISTEN

- Be willing to listen. Allow your friend to vent his/her feelings and listen carefully to what he/she has to say.
- Be empathetic. Try to imagine what your friend is going through and accept the feelings he/she expresses.
- Be non-judgmental. Avoid lecturing on the value of life or debating whether suicide is right or wrong. Instead, allow your friend to talk freely about his/her feelings.

### ACT

- Take all threats, gestures, and previous attempts seriously.
- Remove any means your friend might use to hurt him/herself (e.g. pills, extension cords, wire coat hangers.
- Never agree to keep suicidal thoughts or plans a secret.
- Offer hope by letting your friend know that counseling can help.
- Assist your friend in finding professional help, and offer to accompany him/her.

In the world there are some high points and there are some low points. Everyone deserves to see it from a great point of view.

Life is full of happiness and adventure. Remind yourself that SUICIDE can be prevented and avoided, there is always someone who is reaching out to you!

## WAYS TO COPE WITH STRESS

### The Four A's

1. Avoid the stressor- "Do something that makes you happy" (Join extra curricular activities and sports)
2. Alter the Stressor- "Focus time and energy on positive experiences" (Time Management)
3. Adapt to the Stressor- No you limits and be flexible (Things won't always go your way)
4. Accept the Stressor- Accept the things that you cannot change.

### Strategies for coping with stress:

Learn how to say "NO"

Avoid people who stress you out

Take control of your environment

Express your feelings instead of bottling them up

Manage your time better

Learn to relax (Meditation)