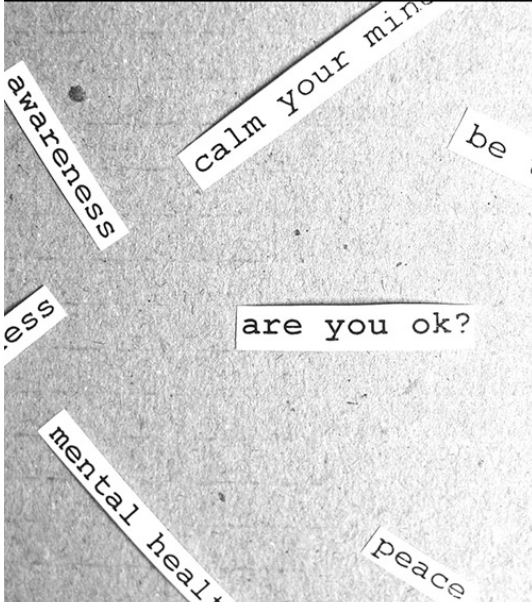




AMES IN ACTION SEPTEMBER 2023



INCREASING AWARENESS ABOUT THE RISK AND PROTECTIVE FACTORS OF SUICIDE



WHAT DID AMES DO?

The AMES Research Center has been delivering training sessions to educate the community on risk and protective factors related to suicide. Risk factors increase the risk of someone dying by suicide, such as issues with substance misuse. Protective factors decrease the risk of someone dying by suicide, such as access to quality healthcare. As of September 2023, this training has been delivered to over 50 community members. Thank you to the AMES Faculty and Staff (Dr. Bianca Channer, Katherine Moore, Elisabeth Dilling) and student interns (Edwin Trejo-Rivera and Sophie Vincent) for their hard work in developing and delivering this training!

HOW DOES THIS APPLY TO THE MILITARY, VETERANS, EMERGENCY SERVICES, AND/OR THE COMMUNITY?

Suicide is a public health crisis affecting the community as a whole. It is the 11th leading cause of death in the United States and suicide mortality rates have generally increased over the years (CDC, 2023). Additionally, certain groups experience death by suicide at higher rates, including service members, veterans, and emergency services employees. Increasing knowledge about risk and protective factors within the community promotes effective suicide prevention, as individuals can recognize risk factors and intervene early. Suicide prevention efforts should aim to reduce or manage risk factors and increase protective factors.

HOW CAN YOU APPLY THIS INFORMATION?



LEARN MORE



PROMOTE RESOURCES



THINK BIG AND SMALL

You can learn more about the risk and protective factors of suicide by reading publicly-available information from trusted sources like the [CDC](#) or by completing a training, such as the training offered by the AMES Research Center.

Ensure that reminders about resources are visible. For example, remind community members about the 988 Suicide and Crisis Lifeline or remind employees about your Employee Assistance Program.

Risk and protective factors can exist at multiple levels, such as within an individual, a relationship, a community, and society as a whole. Effective prevention efforts will target risk and protective factors on multiple levels.