*Trivia Questions: Suicide Prevention*

**100 Point Question:**

**Q1: True or false: Asking someone if they are thinking of suicide will put the idea into their head?**

a. False

Often people don’t want to ask directly about suicide as they are afraid, they will “put the idea in someone’s head” or make the situation worse. In fact, talking about suicide does NOT put the idea in someone's head and usually they are relieved. Ask directly: “Are you thinking about suicide?” Using the word "suicide" establishes that you and the person at risk are talking about the same thing and lets the person know that you are willing to talk about suicide.

To learn more about finding the words to have a conversation about suicide visit [www.SuicideIsPreventable.org](http://www.SuicideIsPreventable.org)

**100 Point Question:**

**Q2: True or false: If someone wants to die by suicide they will find a way no matter what we do to limit their access to lethal means.**

 a. False

Here are some hopeful and helpful facts:

People in a suicidal crisis often make a plan, and when the means identified in their plan are not readily available, many will not attempt by a different means. In fact, 90% of people who survive a suicide attempt will not go on to die by suicide. Means matter, and whether highly lethal means, such as firearms, are readily available to someone in a suicide crisis can make the difference between life and death. Here are some steps you can take to support means safety efforts in your community.

* Ask your local pharmacy to include crisis resources on pharmacy bags
* Safely dispose of unused or unneeded medications
* Safely store all firearms (gun locks/safes)
* Secure firearms outside of homes for people in distress
* Support local efforts to implement bridge barriers

For more information visit: [www.hsph.harvard.edu/means-matter/](http://www.hsph.harvard.edu/means-matter/)

**100 Point Question:**

**Q3: When do we celebrate Suicide Prevention Week?**

1. National Suicide Prevention Week is the Monday through Sunday surrounding World **Suicide Prevention** Day in September.

**Extra 50 Points! What Day is World Suicide Prevention Day?**

1. World Suicide Prevention Day falls on September 10 every year.

World Suicide Prevention Day (WSPD), organized by the International Association for Suicide Prevention, is an awareness day observed on September 10th each year to provide worldwide commitment and action to prevent suicides.

Find Suicide Prevention Week resources and activities here: [www.SuicideIsPreventable.org](http://www.SuicideIsPreventable.org)

Browse activities and learn how to get involved in World Suicide Prevention Day here: <https://www.iasp.info/>

**200 Point Question:**

**Q4: In 2017, the musician Logic released a song featuring the National Suicide Prevention Lifeline number. What was the name of the song?**

 a. 1-800-273-8255

The title of the song is the phone number for the National Suicide Prevention Lifeline. Skilled and trained counselors are available 24/7 to talk, answer questions, and help people navigate a suicidal crisis for themselves or someone they are concerned about. You are not alone.

You can learn more about the National Suicide Prevention Lifeline here: <https://suicidepreventionlifeline.org/>.

**200 Point Question:**

**Q6: True or false: Suicides are more frequent during the holiday season.**

a.False

Data actually shows that suicide rates are often lowest in the holiday months. Suicide is a complex behavior, and many different factors are likely to influence seasonal differences in suicide rates.

For more information about suicide prevention visit: [www.SuicideIsPreventable.org](http://www.SuicideIsPreventable.org)

**200 Point Question:**

**Q8: In California, do more people die by suicide or homicide in a given year?**

a.By Suicide

Violent deaths such as homicides and suicide are a major public health concern in California that can both have immediate and long-term impacts on individuals, families, and entire communities. Over the last decade, more than 60,000 Californians died from either homicide or suicide. In 2017, there were nearly 6,500 violent deaths among California residents: 4,323 suicides and 2,113 homicides. Every Californian can play a role in suicide prevention by learning the warnings signs and how to reach out to someone they are concerned about.

Know the Signs. Find the Words. Reach Out.

For more information about suicide prevention visit: [www.SuicideIsPreventable.org](http://www.SuicideIsPreventable.org)

**300 Point Question:**

**Q9: Can you name a Suicide Prevention Gatekeeper Training?**

1. The answer should include one from this list.
* Question Persuade Refer (QPR)
* SafeTALK
* ASIST
* Signs of Suicide (SOS)
* Kognito
* Talk Saves Lives

Gatekeeper trainings provide information about the warning signs for suicide and how to connect someone in a suicidal crisis to help. Trainings range from one hour to full day trainings. Just like it is important to know CPR, every person can benefit from suicide prevention training to recognize signs of distress in a loved one.

To find trainings near you visit the Reach Out section of California’s Suicide Prevention Campaign: [www.SuicideIsPreventable.org](http://www.SuicideIsPreventable.org)

**300 Point Question:**

**Q10: What TV show features a suicide prevention storyline**

1. Manifest
2. **A Million Little Things**
3. This is Us
4. Grey’s Anatomy

***A Million Little Things -*** In this ABC show a close group of friends is shocked after a member of the group dies from suicide unexpectedly. Each friend realizes that they need to finally start living life as they cope with their loss.

To learn more about suicide prevention visit: www.SuicideIsPreventable.org

**300 Point Question:**

**Q7: What does AFSP stand for?**

1. AFSP stands for the American Foundation for Suicide Prevention

Established in 1987, the American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death.

To learn more and find a local AFSP chapter visit: [www.AFSP.org](http://www.AFSP.org)

**400 Point Question:**

**Q11: Pain isn’t always obvious, but most suicidal people show signs that indicate that they are thinking about suicide. Name at least three warning signs.**

 a: The answer should include three from this list.

* Talking about wanting to die or suicide
* Looking for a way to kill themselves
* Feeling hopeless, desperate, trapped
* Giving away possessions
* Putting affairs in order
* Reckless behavior
* Uncontrolled anger
* Increased drug or alcohol use
* Withdrawal from friends, family and/or activities once enjoyed
* Anxiety or agitation
* Changes in sleep
* Sudden mood changes
* No sense of purpose

If you observe one or more of these warning signs, especially if the behavior is new, has increased, or seems related to a painful event, loss or change, don’t hesitate to reach out to the person you are concerned about.

To learn more, visit: www.SuicideIsPreventable.org

**400 Point Question:**

**Q12: What are appropriate words to use when talking about a suicide?**

1. The answer should be one of these.
* Died by suicide
* Took their own life
* Ended their life

These answers do not receive a point: Committed suicide or successfully completed suicide.

When it comes to suicide prevention, the terms, phrases and words we use can have a significant impact on the way messages are received. Messages can encourage someone to seek help and reach out, or they can push people further from the support they need. The suicide prevention community is trying to clarify the ways we all refer to actions related to suicide to better support help-seeking behavior among those that are at risk. It is recommended to avoid terms that place shame or guilt on the individuals or survivors of suicide loss such as saying they committed suicide.

**400 Point Question:**

**Q13: Before starting a conversation with someone you are concerned about there are several things you can do to prepare, name one of them.**

 a: The answer should include one from the list below.

* Prepare a list of the behaviors you have been observing that have been worrying you
* Practice what you will say
* Have a list of crisis resources
* Think about what you will say or do depending on how the person responds
* Plan the conversation for a time when you won’t be in a hurry and can spend time with the person.

Each of us can support someone while *they* find their reasons for living by sharing hope and letting them know they are not alone. Our role is less about “fixing the problem” or convincing them to stay, and more about being present and listening as they search for their own reasons for living. It can feel overwhelming when a friend, colleague or loved one is thinking about suicide, but you are not alone. You can call the National Suicide Prevention Line (1-800-273-TALK) anytime for help if someone is struggling.

To learn more about having a conversation with someone you are concerned about visit: www.SuicideIsPreventable.org