

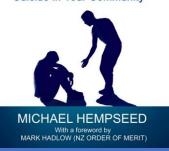


New Zealand Institute of Safety Management



BEING A TRUE HERO Understanding and Preventing Suicide in Your Community

"An easy to read and thoroughly worthwhile book. Dr. Sue Bagshaw, Senior lecturer of Paediatrics



Michael Hempseed





*An easy to read and thoroughly worthwhile book." Dr. Sue Baghaw. Senior tecturer of Paedatrics at the Christchurch School of Medicine BEING A

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Working online is not the same as face to face

- Watch Youtube tutorials to understand how, Zoom and Skype.
- Plan extra time for logging in and set up.

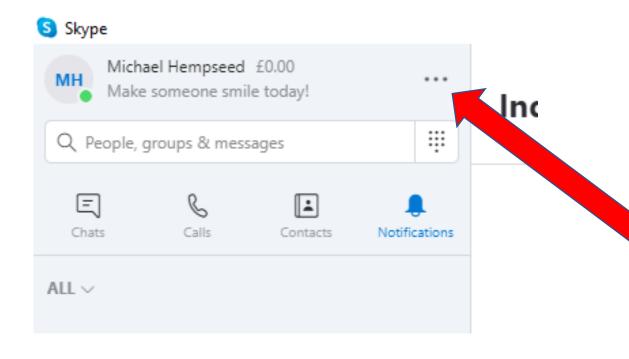


www.beingatruehero.com

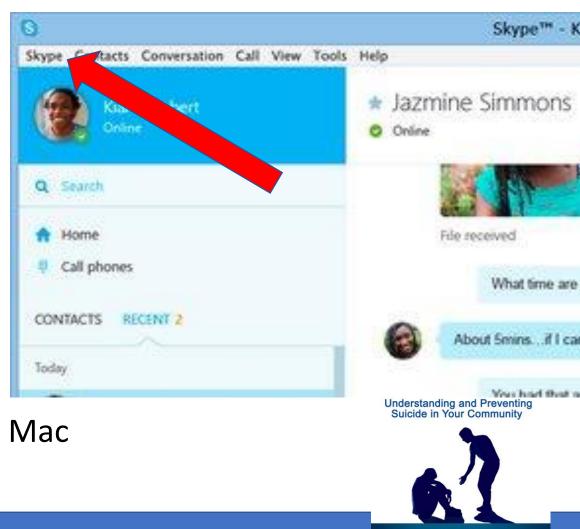
An easy to read and thoroughly worthwhile book." Dr. Swe Baghawa, Serior lecture of Pendeditics at the Christchurch School of Medicine BEING A TRUE BEING A TRUE BEING A Understanding and Preventing Suicide in Your Community



Know that PCs and Mac have different interfaces.



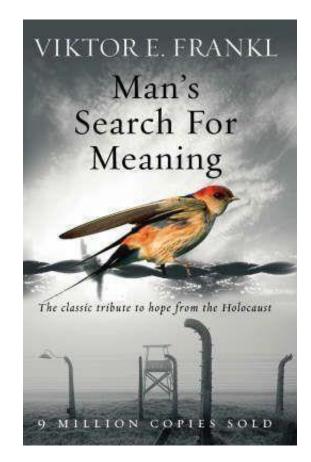
PC/Windows



MICHAEL HEMPSEED

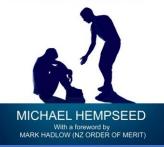
MARK HADLOW (NZ ORDER OF MERIT)

Don't assume we will be out of lockdown in 4 weeks.



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Some stress can improve your immunity

 https://med.stanford.edu/news/all-news/2012/06/study-explainshow-stress-can-boost-immune-system.html



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"An easy to read and thoroughly worthwhile book



Charity hospital in Christchurch

- After the earthquakes 2-3 counselling sessions.
- 5 years later 22-23.



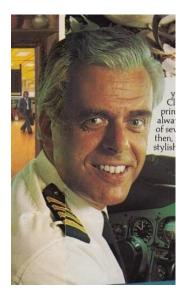
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Stress- Tenerife disaster





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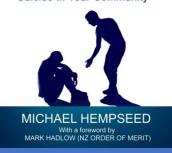
Holmes-Rahe Stress Inventory

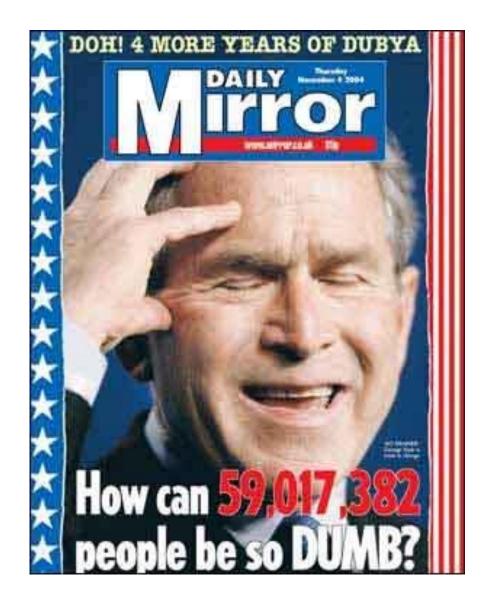


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Martin Seligman-Learned Helplessness

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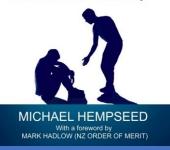
How the lockdown will affects us



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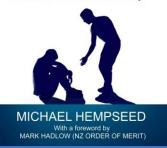
Different levels of emotions

- Stress
- Distress
- Worry
- Anxiety
- Depression



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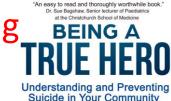
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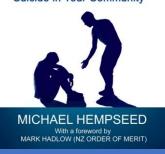


Grief/shock

- Usually a normal reaction and usually people will be oaky.
- Numbness
- Some effect in eating and sleeping
- Sadness
- Tearfulness or uncontrollable tears

- Unable to eat or sleep at all for several days
- Throwing up all food
- Driving or working in dangerous workplaces in a state of shock
- Thoughts or actions involving suicide

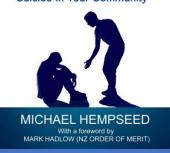




Losing a job can cause grief



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Impact of grief

- When people are grieving they cannot take in complex information.
- They may seem really lost or in another world, keep an eye on them to make sure they don't leave an oven on.



- Survivors of the Black Saturday bushfires often did not remember talking to journalists!
- People may forget critical details.

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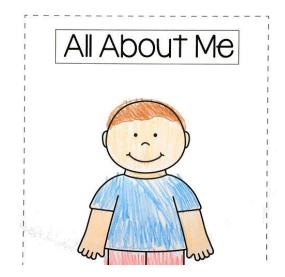
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Making "I" statements



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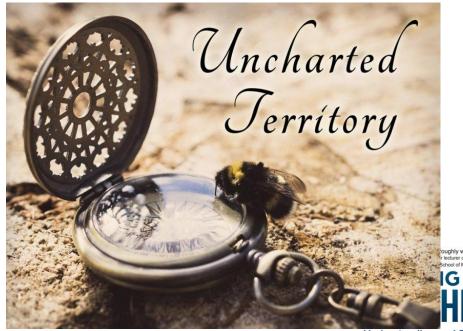
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MICHAEL HEMPSEED With a foreword by MARK HADLOW (NZ ORDER OF MERIT)

• <u>https://www.thehealthy.com/mental-health/depression/words-phrases-sign-depression/</u>

After the earthquakes, two groups struggled

- Those that had a difficult life
- Those that had never needed help before



Understanding and Preventin Suicide in Your Community



Books on Grief



It's OK that you're Not OK

https://www.amaz on.com/Its-That-Youre-Not-Understand/dp/16 22039076



HOW TO CARE FOR AND SUPPORT THE GRIEVING HEART

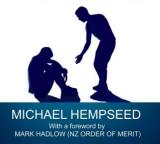


Please be Patient I'm Grieving

https://www.amazo n.com/Please-Be-Patient-Im-Grieving-"An easy to read and thoroughly worthwhile book. Dr. Sue Bagshaw, Senior lecturer of Paediatrics ebook/dp/B01D **3U**



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Video on Grief



YOUTUBE.COM How do you help a grieving friend? (sharing this video? using it in a training! Great! Tag or email us and let us...

 https://www.youtube.com/watch?v=l2zLCCRTnE&fbclid=IwAR0rF0_fhcg0aV3zrWPpTvKMKaePftG4IvFg_yd0mBc9vO8jWgO12wzdKI "An easy to read and thoroughly worthwhile book." Dr. Sue Baghaine, Senior Learner of Paedatasis at the Christiburch School of Medicine BEING A TRUE HERRO Understanding and Preventing

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MICHAEL HEMPSEED With a foreword by MARK HADLOW (NZ ORDER OF MERIT)

Poll: Is mental illness increasing or are we recognising it more?

- It is rising
- We are recognising it more.



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Catchment Area Study 1978

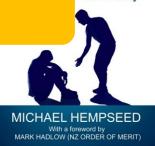


Lifetime prevalence of depression if you were born in 1925 was 1%.



Lifetime prevalence of depression if you were born in1950 was 10%

Today one in four employees may have a mental illness in any given year!



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r Community

Anxiety

• Is fear bad?



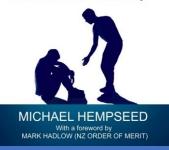




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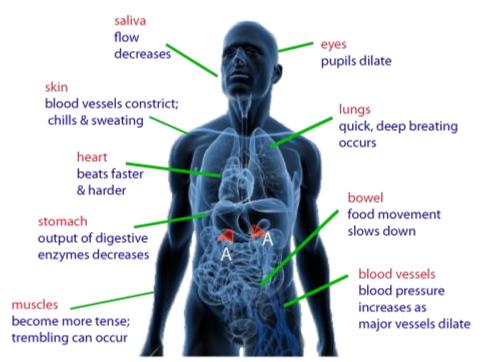
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Fear-Sympathetic nervous system





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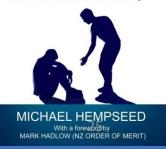
Anxiety is an emergency response in a nonemergency situation.





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Anxiety changes our perception of the world.





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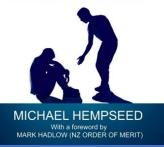
Panic attack





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Phone anxiety



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Fear = violence



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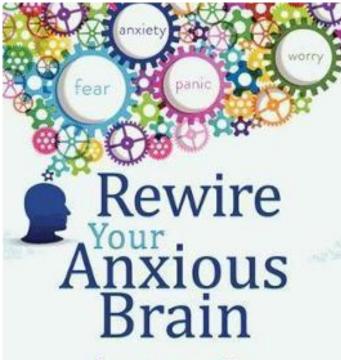
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Fear=Violence

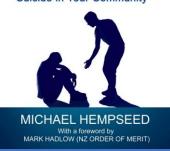


www.areyouok.org.nz



how to use the neuroscience of fear to end anxiety, panic & worry

Catherine M. Pittman, PhD Elizabeth M. Karle, MLIS An easy to read and thoroughly worthwhile book." Dr Sue Baghaw, service locker of Parelatrics at the Christchurch School of Medicine BEING A TRUE BLOG A Understanding and Preventing Suicide in Your Community



Poll: Which one of the following things has the biggest impact in our mental health?

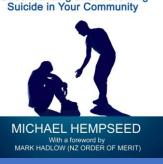
- A:Eating well
- B:Exercise
- C:Sleep
- D: Drinking Water



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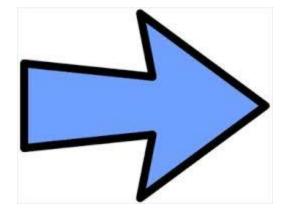
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"An easy to read and thoroughly worthwhile book.



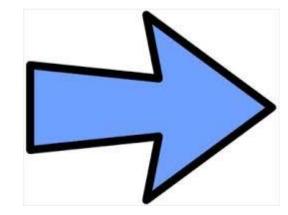
Mental illness and sleep







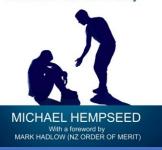






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- You can't diagnose people with mental illnesses.
- You could suggest you've said.... It sounds like you could have.

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1/3 and 1/2 of all suicides are a same day crisis.

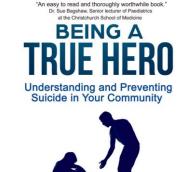


MICHAEL HEMPSEED With a foreward by Mark HADLOW (NZ ORDER OF MERIT)

Understanding and Preventing Suicide in Your Community

Warning signs of suicide

- Talking a lot about death.
- Saying things like there's no point any more.
- Suddenly getting better after a long history of depression.
- Ruminative thoughts
- Giving away prized possessions
- Writing goodbye notes
- Significant negative changes/events.
- Talking about wanting to die by suicide.
- Feeling hopeless



HEMPSEED

MARK HADLOW (NZ ORDER OF MERIT

MICHAEL

You should always ask if you're unsure.

- What are you looking forward to in the future?
- You said to me you've been feeling really do hard question but have you thought of not k
- Are you planning to kill yourself?





If they say yes...

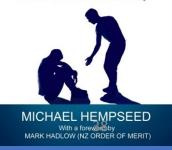
• "I'm so glad you told me that."



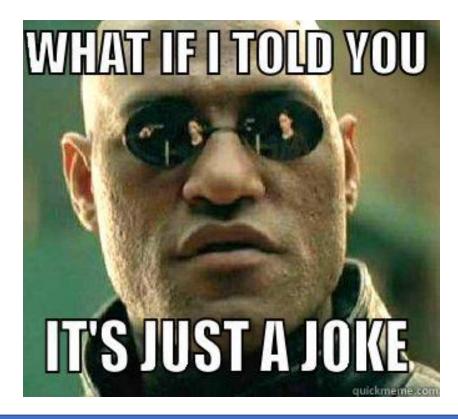
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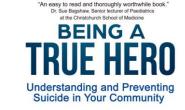
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Are they joking or telling the truth?







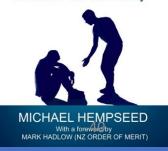
Human life is more important than confidentiality.



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• In an emergency dial 111



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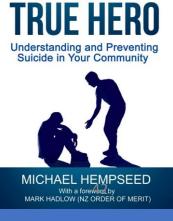
If we stop them doing it one way, they will find another way to do it.

Between 1937-1971, 500 people were stopped from jumping, a group of researchers tracked them down and found that 94% of them were still alive or died from natural causes!

Where Are They Now? A Follow-up Study of Suicide Attempters from the Golden Gate Bridge

Richard H. Seiden, Ph.D., M.P.H. University of California at Berkeley

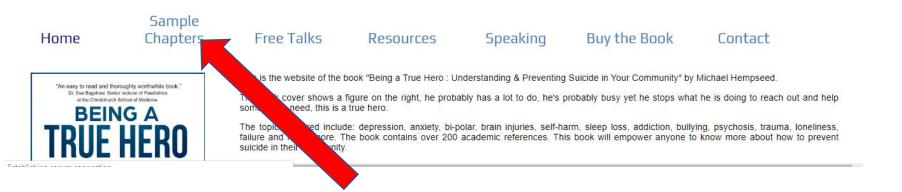




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r. Sue Bagshaw, Senior lecturer of Paediatric







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Unhelpful helpers



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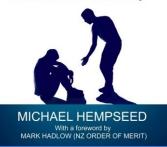


Stories of depression and mental illness without stories of recovery or where to find help make the problem worse.



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Promote help seeking

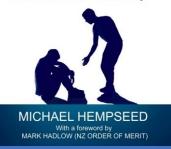
- Messages such as "Counsellors are all mad themselves they won't help no one" are unacceptable.
- "I tried to get help and no one listened" (without saying they eventually did find help)



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As an event organiser

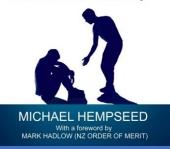
- You have a right to ask to see their material prior to the talk.
- You can ask what references they used.
- Do they understand age appropriate messages?
- Ask do they have a plan in place if something goes wrong (Saying it has never happened is not good enough).
- If it doesn't feel right, resvoke their invitation to speak.



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How we really help people

• Personal responsibility

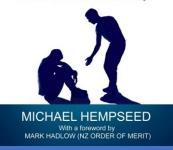
Community response





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Are you okay?

- If you ask someone "Are you okay?" they will respond "Yes", even if they are not.
- I've noticed you don't seem to be as happy as you were...
- I have noticed you are looking more tired than you have in the past.
- I am not upset, I am concerned for you.



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If it's all too confusing go see a medical doctor

• If they are not helping, you can change



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Bee Sting

- Minor reaction
- Moderate reaction
- Anaphylactic shock

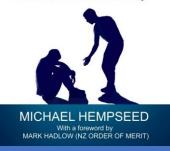






thoroughly worthwhile book." Senior lecturer of Paediatrics urch School of Medicine

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Treatment for mental illness

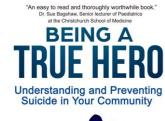
Maintaining good mental health

- Giving
- Learning
- Being active
- Notice
- Connect
- Eating well



Counselling

- CBT Therapy
- Working through trauma
- Medication





Still open, at level 4

- Doctor's surgeries (Ring first)
- Food banks via Student Volunteer Army, <u>https://sva.org.nz</u>/ 0800 005 902
- Counsellors who offer support via phone:
- Youthline: 0800 376 633 or text 234 https://www.youthline.co.nz/
- Need to Talk? Call or txt 1737 anytime <u>https://1737.org.nz/</u>
- Some residential support and some childcare for emergencies
- Emergency mental health services







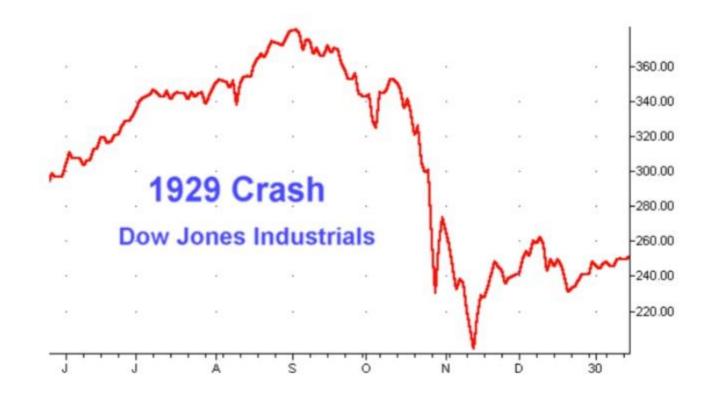
In the 20th Century 300-500 million deaths!

December 1979 WHO deemed Smallpox had been eradicated



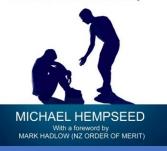
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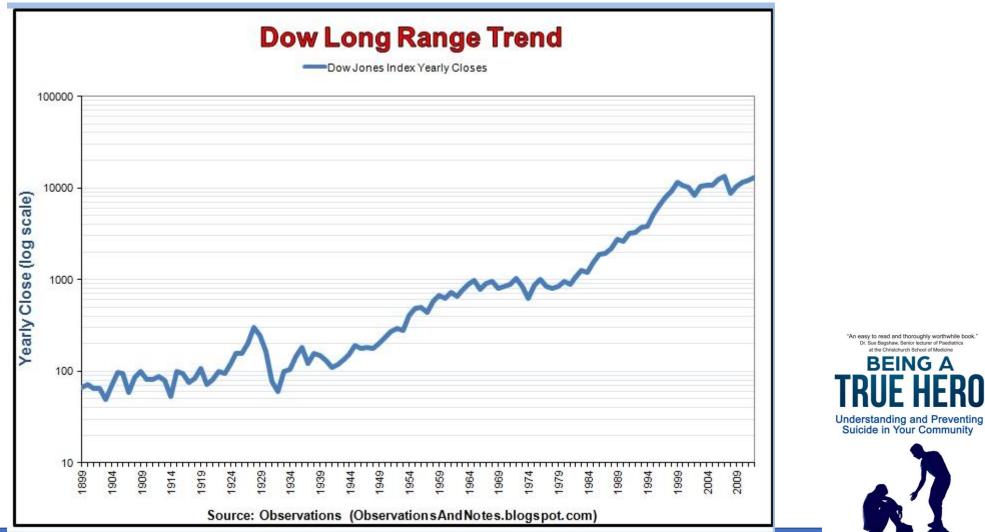




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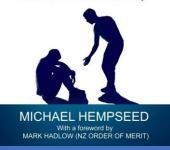
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This is the website of the book "Being a True Hero : Understanding & Preventing Suicide in Your Community" by Michael Hempseed.

The book cover shows a figure on the right, he probably has a lot to do, he's probably busy yet he stops what he is doing to reach out and help someone in need, this is a true hero.

Need Help? Click here

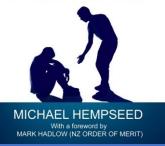
Email: michael@ess.org.nz

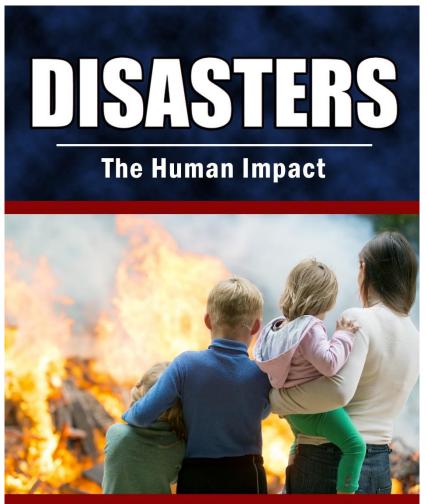
Or add me on Linkedin

BEING A TRUE HERO Understanding and Preventing

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Suicide in Your Community





Michael Hempseed

Author of Being A True Hero: Understanding and Preventing Suicide in Your Community

What I can offer

Online training or writing on....

- Managing stress
- Understanding and preventing mental illness
- Suicide prevention
- Coping with redundancy

<text>

