

COVID-19 (Novel Coronavirus)



NZISM



New Zealand Institute of Safety Management



"An easy to read and thoroughly worthwhile book."
Dr. Sue Bagshaw, Senior lecturer of Paediatrics
at the Christchurch School of Medicine

BEING A TRUE HERO

Understanding and Preventing
Suicide in Your Community



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

www.beingattruehero.com

Michael Hempseed



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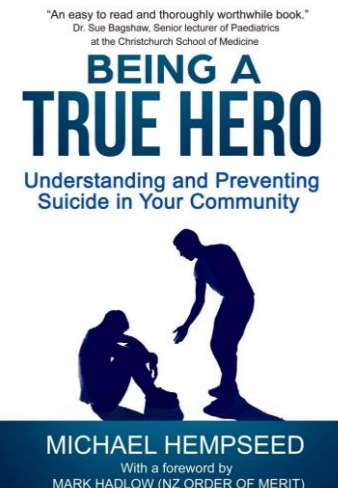


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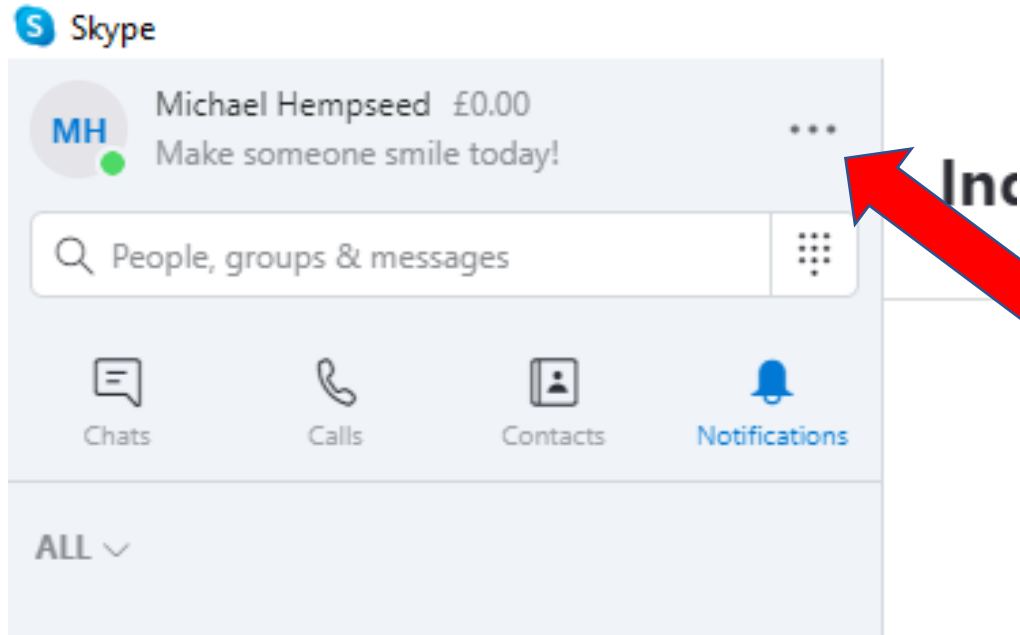
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Working online is not the same as face to face

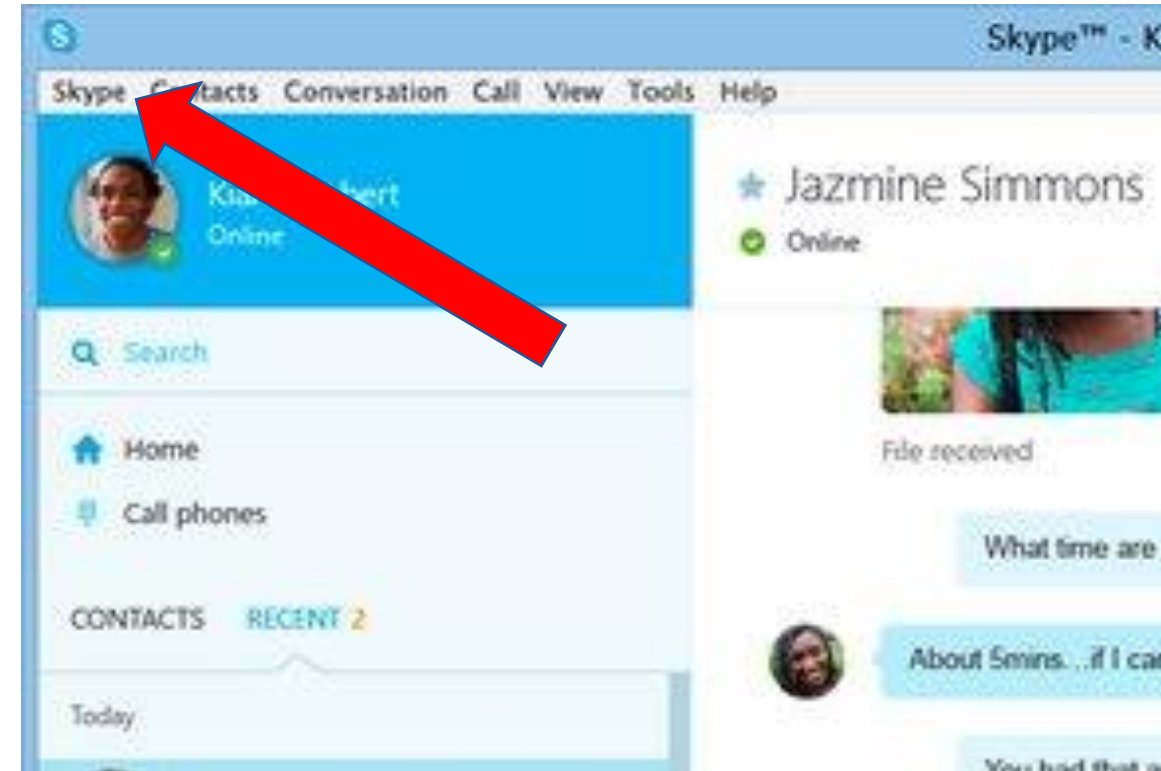
- Watch Youtube tutorials to understand how, Zoom and Skype.
- Plan extra time for logging in and set up.



Know that PCs and Mac have different interfaces.



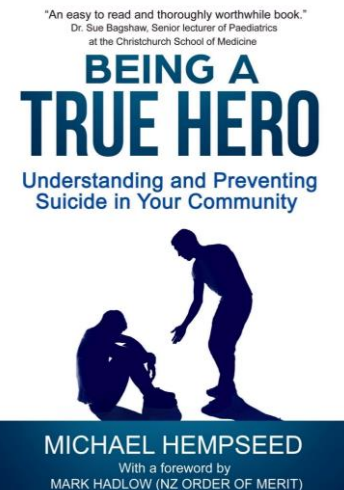
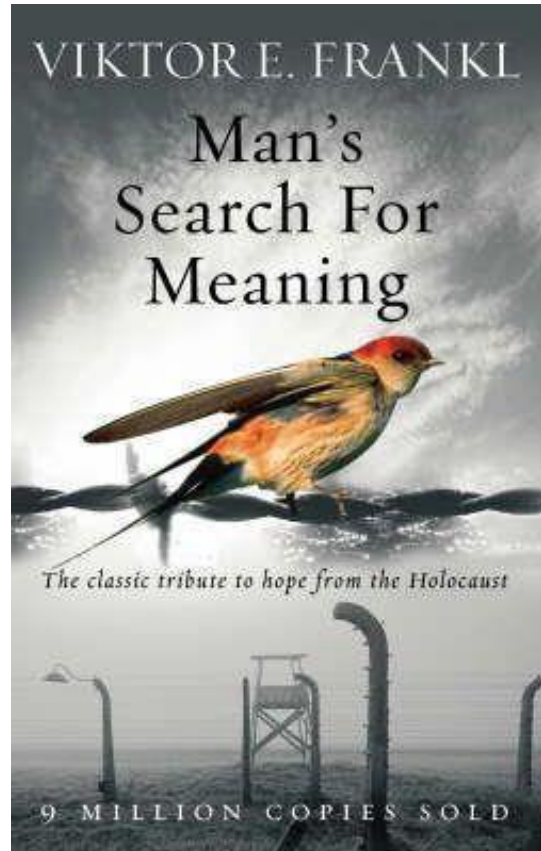
PC/Windows



Mac



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



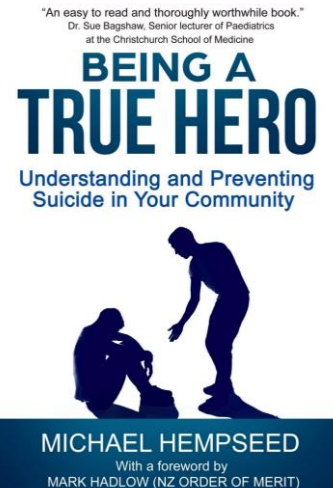
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Some stress can improve your immunity

- <https://med.stanford.edu/news/all-news/2012/06/study-explains-how-stress-can-boost-immune-system.html>



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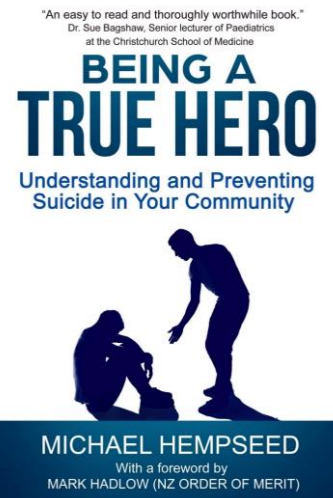


Charity hospital in Christchurch

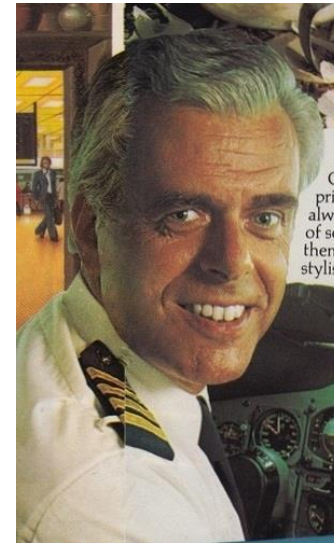
- After the earthquakes 2-3 counselling sessions.
- 5 years later 22-23.



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Stress- Tenerife disaster



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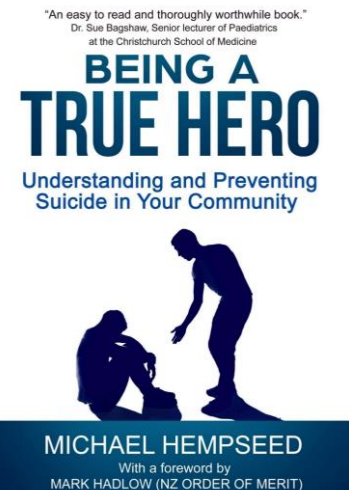
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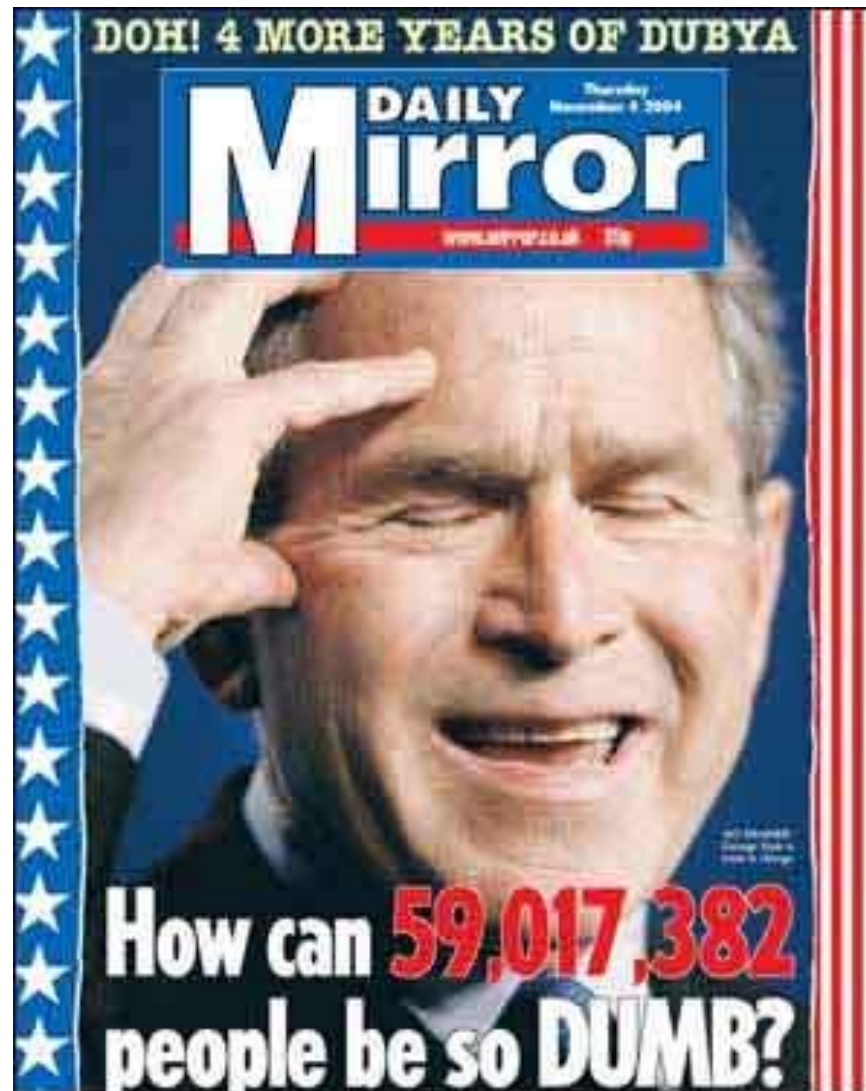
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Holmes-Rahe Stress Inventory

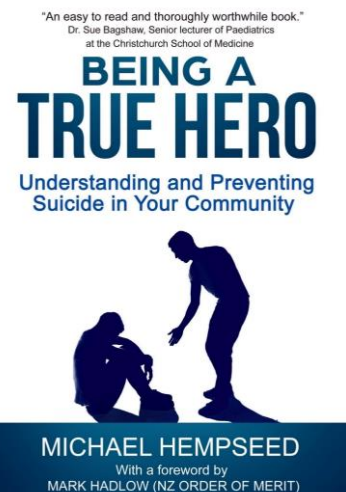


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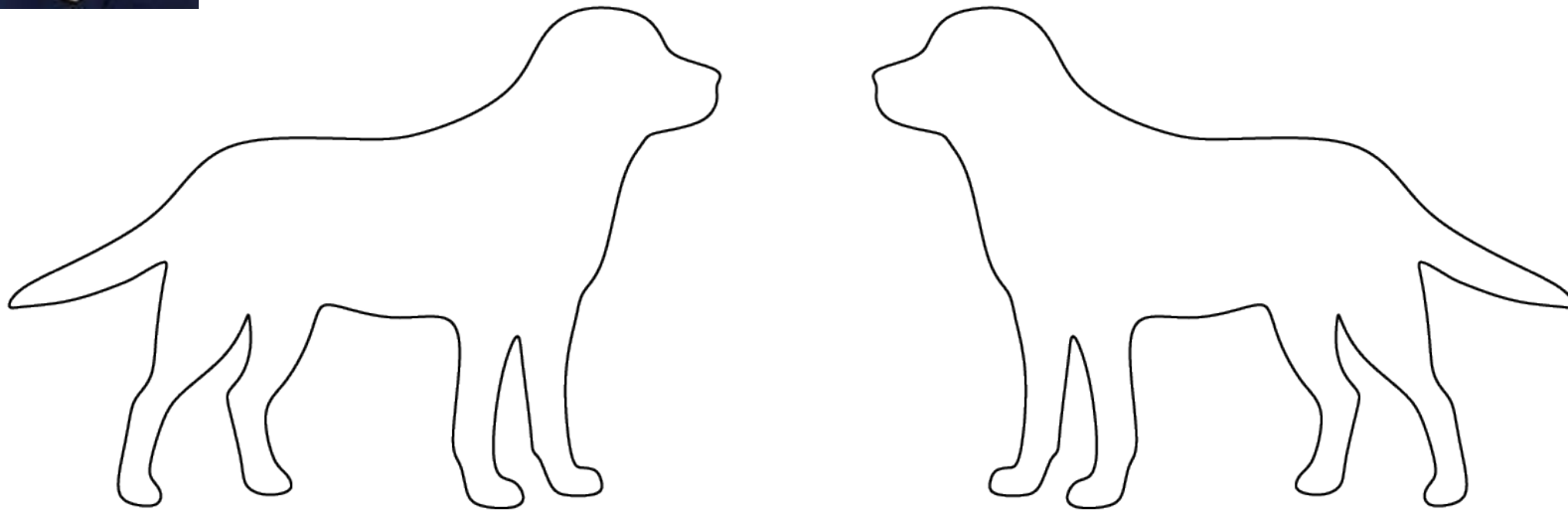


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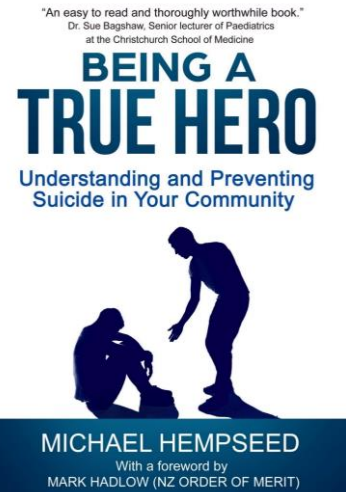




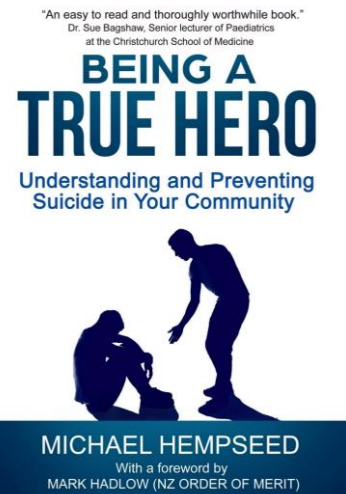
Martin Seligman- Learned Helplessness



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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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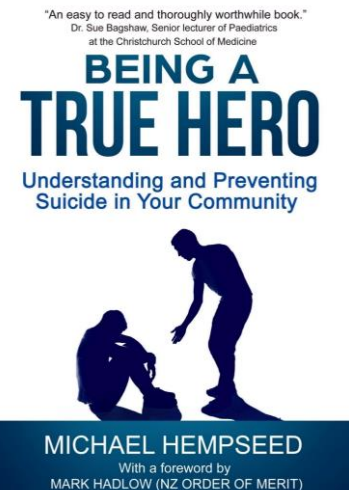
Grief/shock

- Usually a normal reaction and usually people will be okay.
- 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

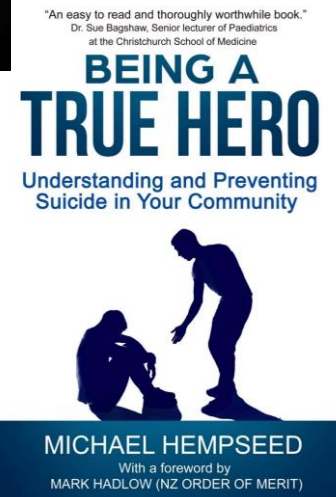


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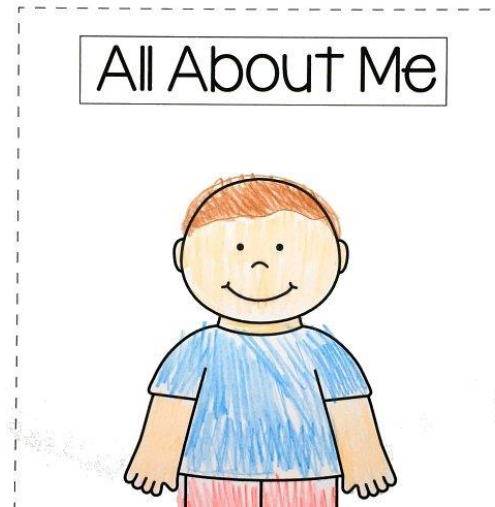


Impact of grief

- 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.



Making “I” statements



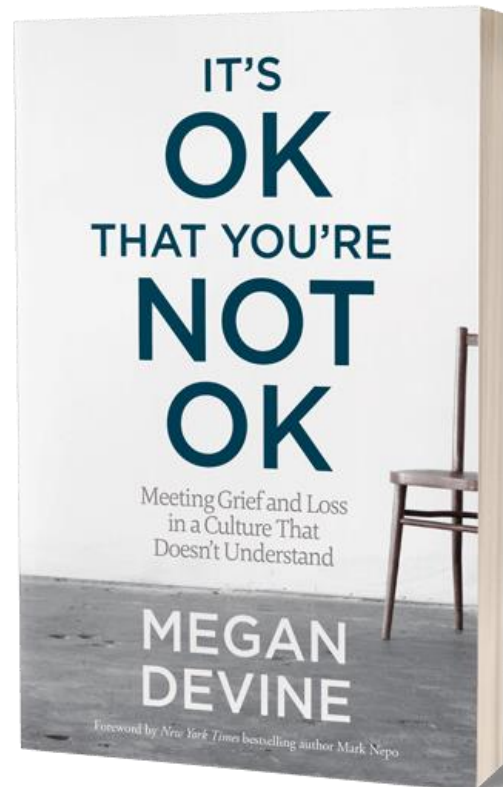
- <https://www.thehealthy.com/mental-health/depression/words-phrases-sign-depression/>

After the earthquakes, two groups struggled

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

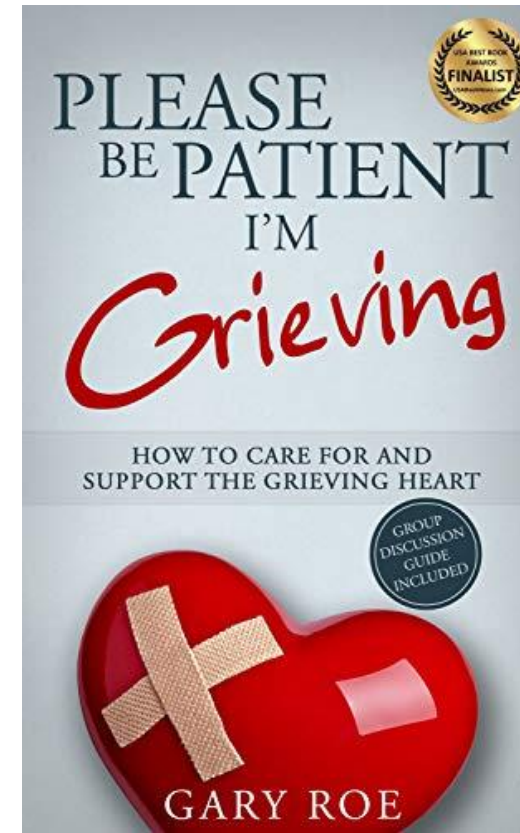


Books on Grief



It's OK that you're Not OK

<https://www.amazon.com/Its-That-Youre-Not-Understand/dp/1622039076>



Please be Patient I'm Grieving

<https://www.amazon.com/Please-Be-Patient-Im-Grieving-ebook/dp/B01DUE3U3U>

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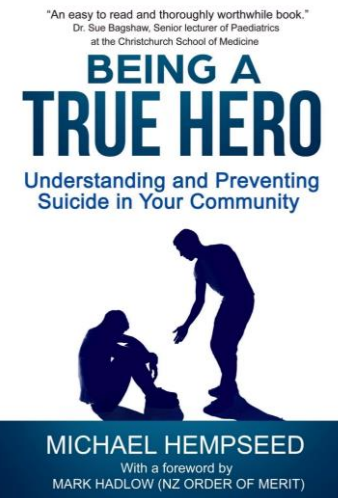
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Video on Grief



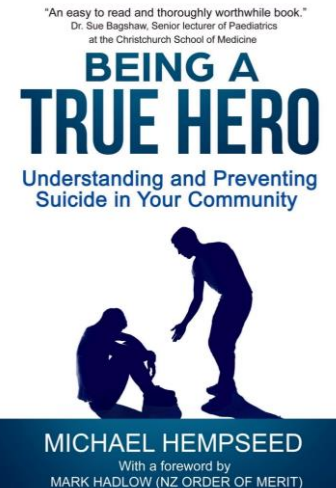
- https://www.youtube.com/watch?v=I2zLCCRT-nE&fbclid=IwAR0rF0_fhcg0aV3zrWPpTvKMKaePftG4I-vFg_yd0mBc9vO8jWgO12wzdKI

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

- It is rising
- We are recognising it more.



Catchment Area Study 1978



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



Lifetime prevalence of depression if you were born in 1950 was 10%



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

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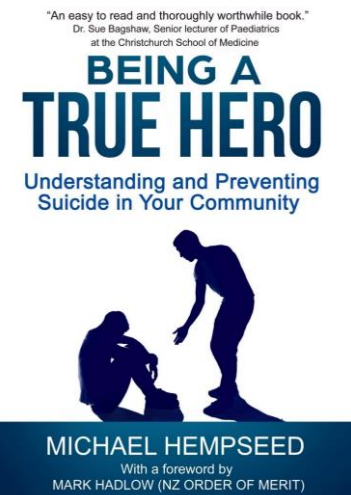


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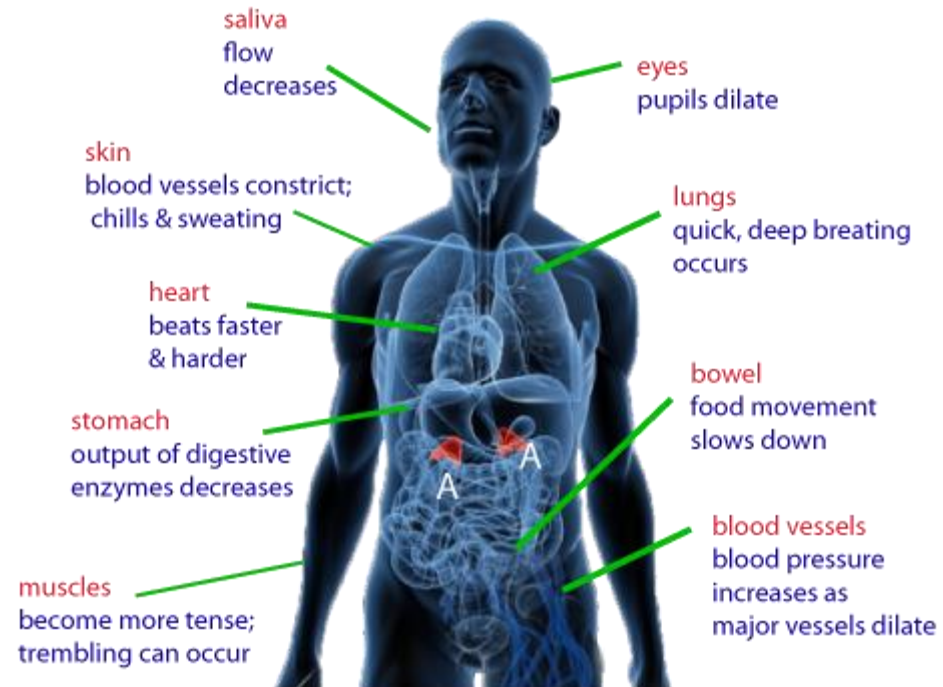
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Anxiety

- Is fear bad?



Fear-Sympathetic nervous system



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Anxiety is an emergency response in a non-emergency situation.



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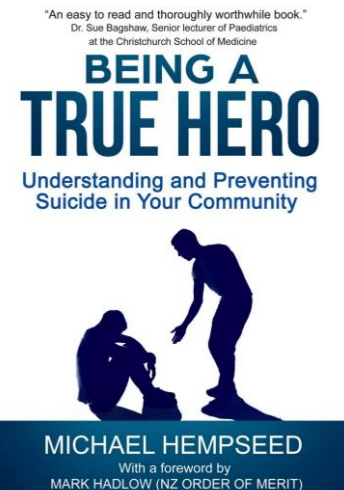
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Anxiety changes our perception of the world.



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Panic attack



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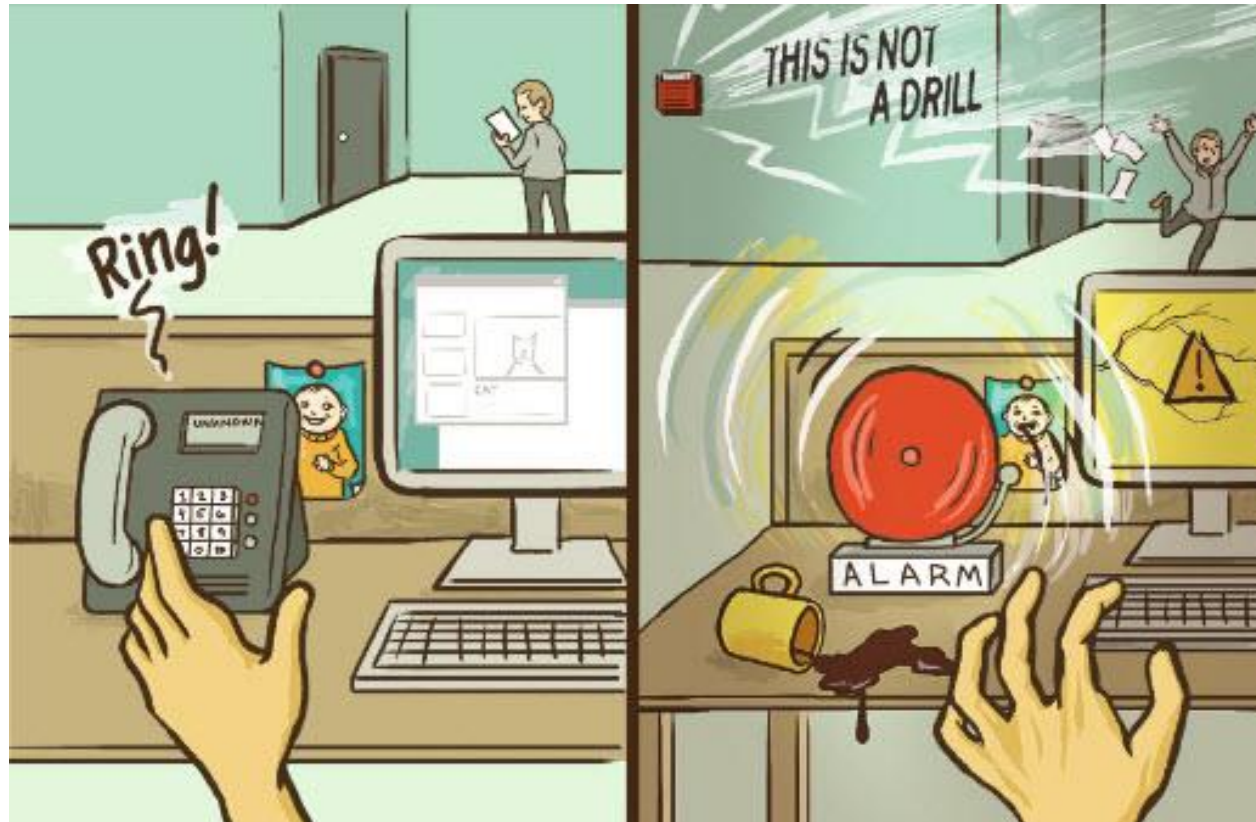
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Phone anxiety



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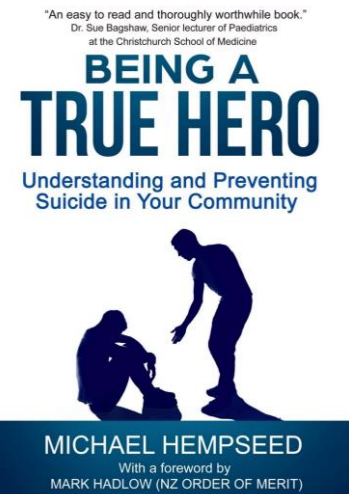


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Fear = violence



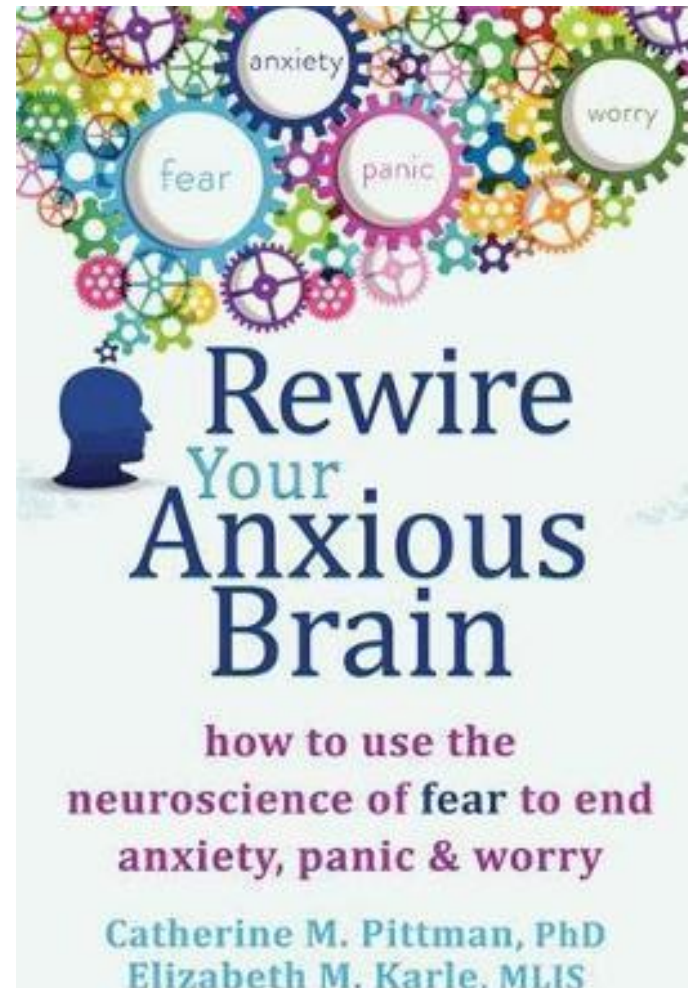
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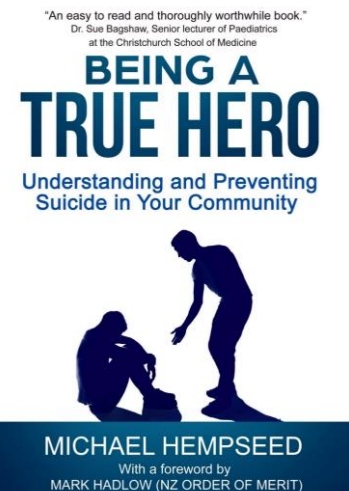
Fear=Violence



www.areyouok.org.nz

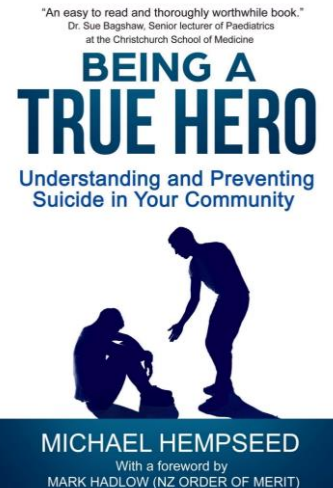


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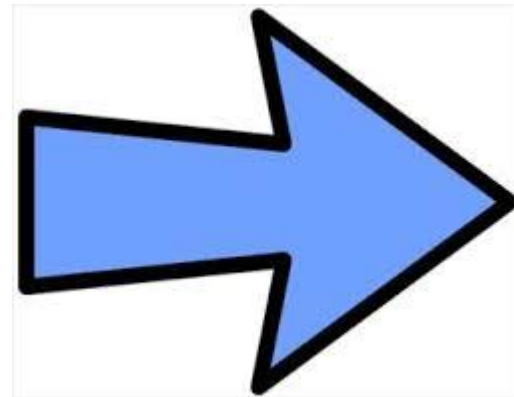
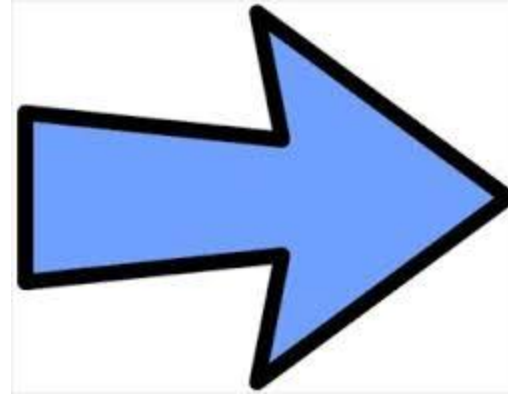


Poll: Which one of the following things has the biggest impact in our mental health?

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



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.



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

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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

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?

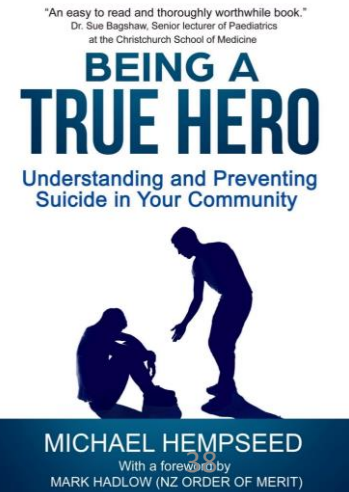


If they say yes...

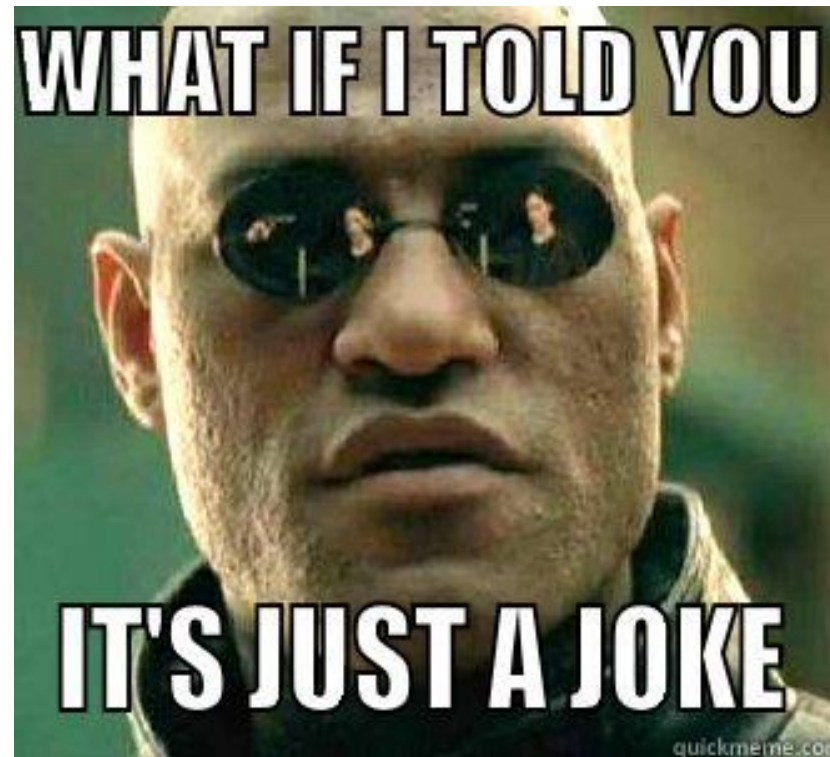
- “I’m so glad you told me that.”



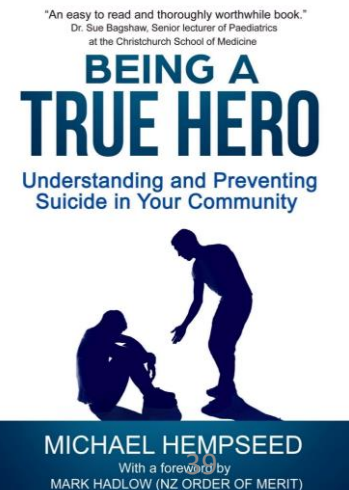
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Are they joking or telling the truth?



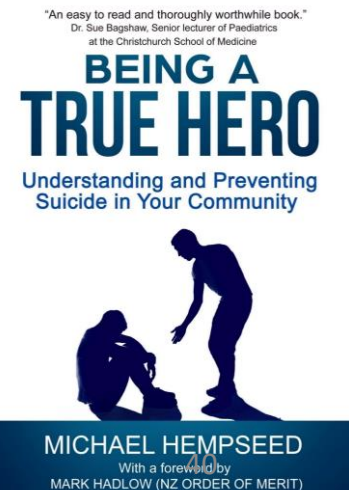
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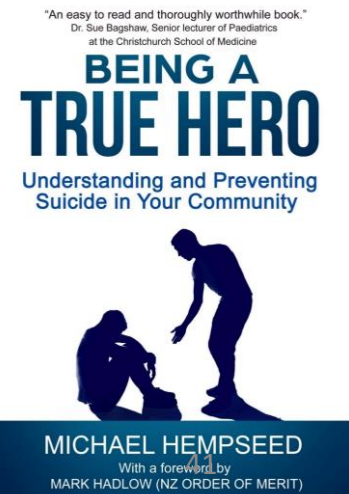
Human life is more important than confidentiality.



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- In an emergency dial 111

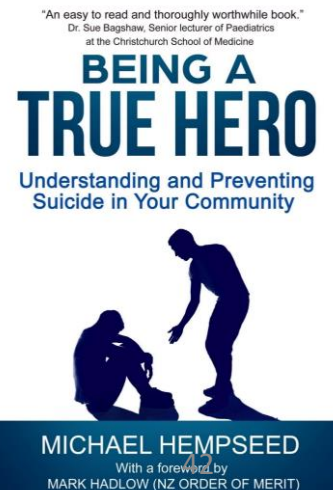


If we stop them doing it one way, they will find another way to do it.

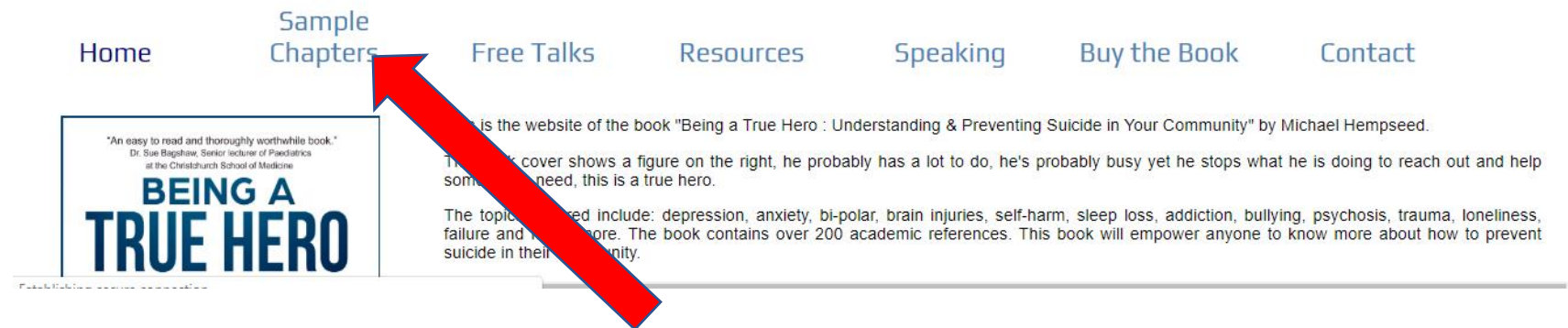
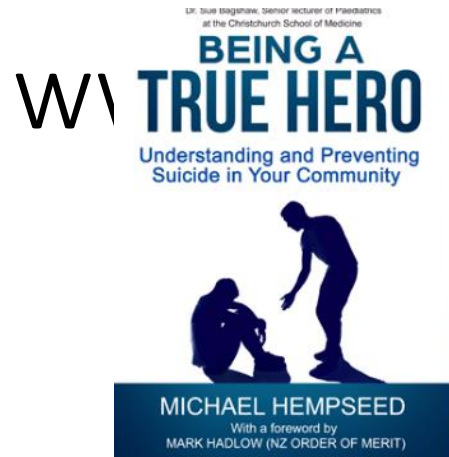
Between 1937-1971, 500 people were stopped from jumping, a group of researchers tracked them down and found that 94% of them were still alive or died from natural causes!

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

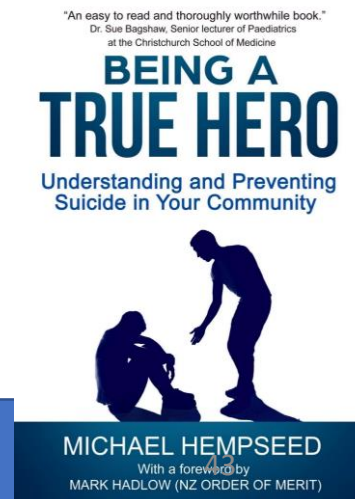
Richard H. Seiden, Ph.D., M.P.H. University of California at Berkeley



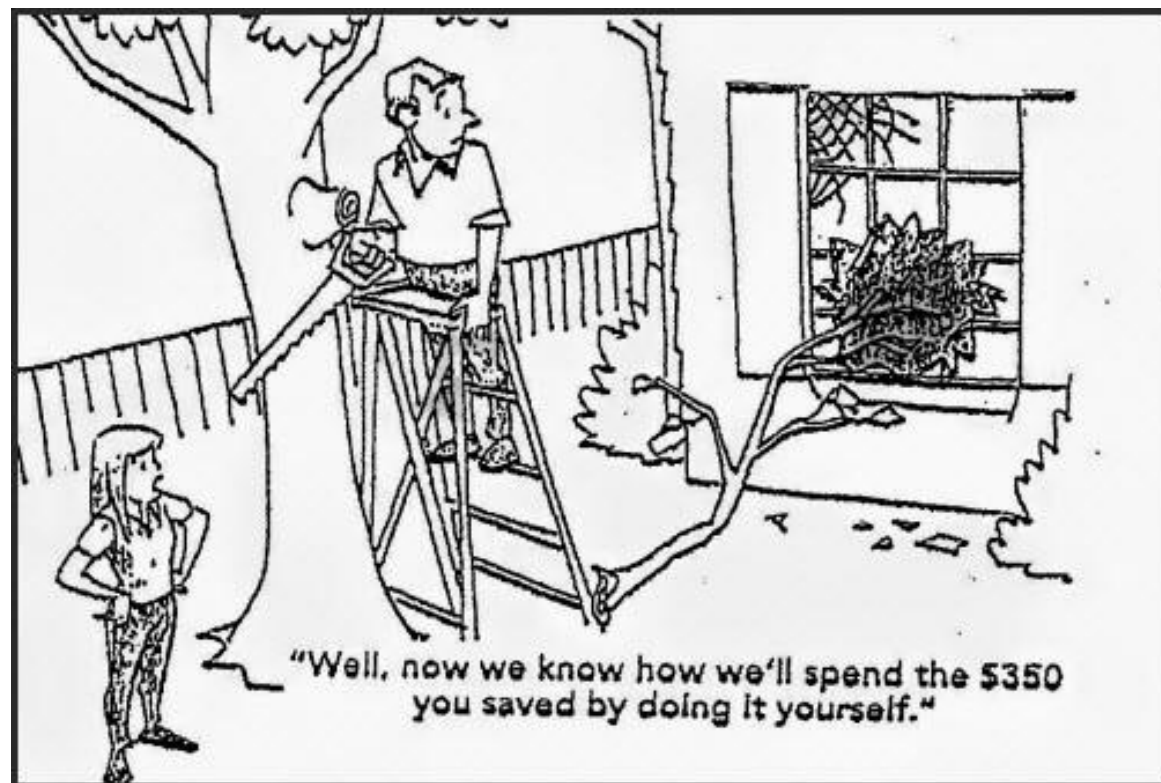
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Unhelpful helpers



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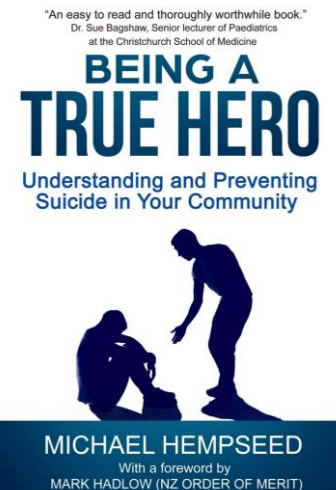


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- Stories of depression and mental illness without stories of recovery or where to find help make the problem worse.



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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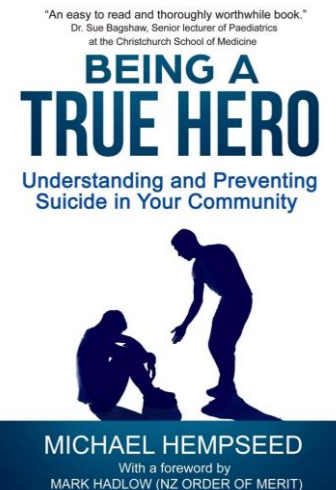
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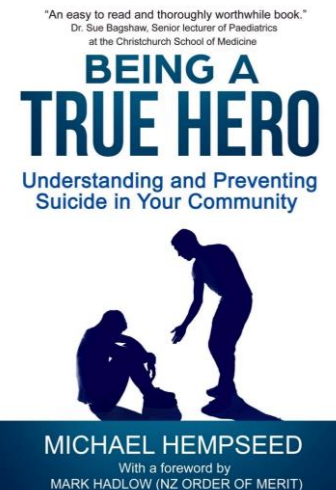
As an event organiser

- 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, revoke their invitation to speak.



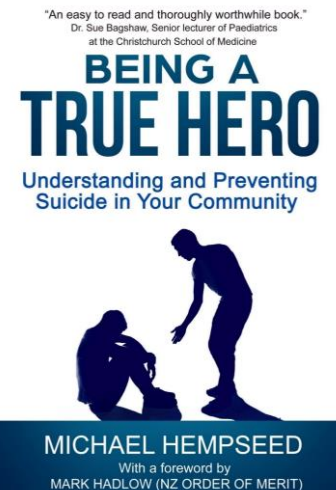
How we really help people

- Personal responsibility
- Community response



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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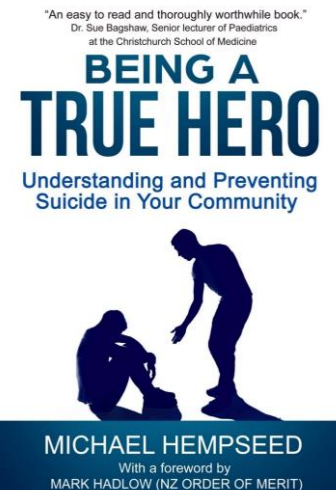


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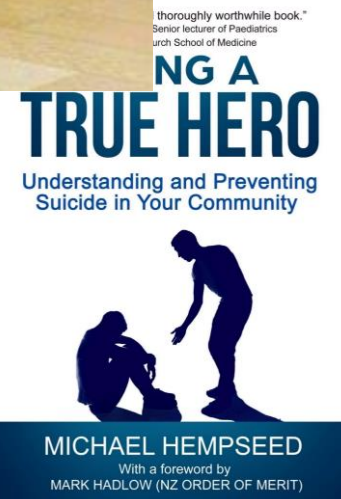
If it's all too confusing go see a medical doctor

- If they are not helping, you can change



Bee Sting

- Minor reaction
- Moderate reaction
- Anaphylactic shock



Treatment for mental illness

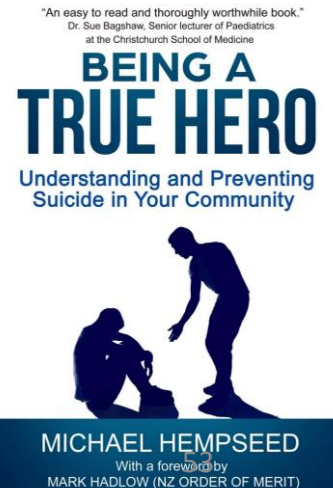
Maintaining good mental health

- 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, <https://sva.org.nz/> 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 - <https://1737.org.nz/>
- Some residential support and some childcare for emergencies
- Emergency mental health services



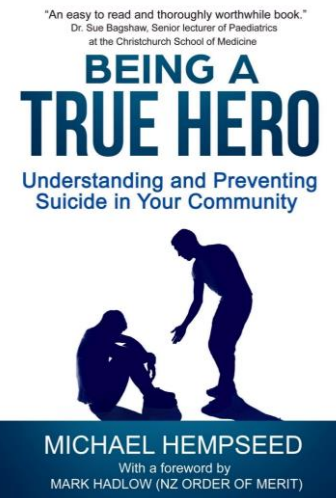
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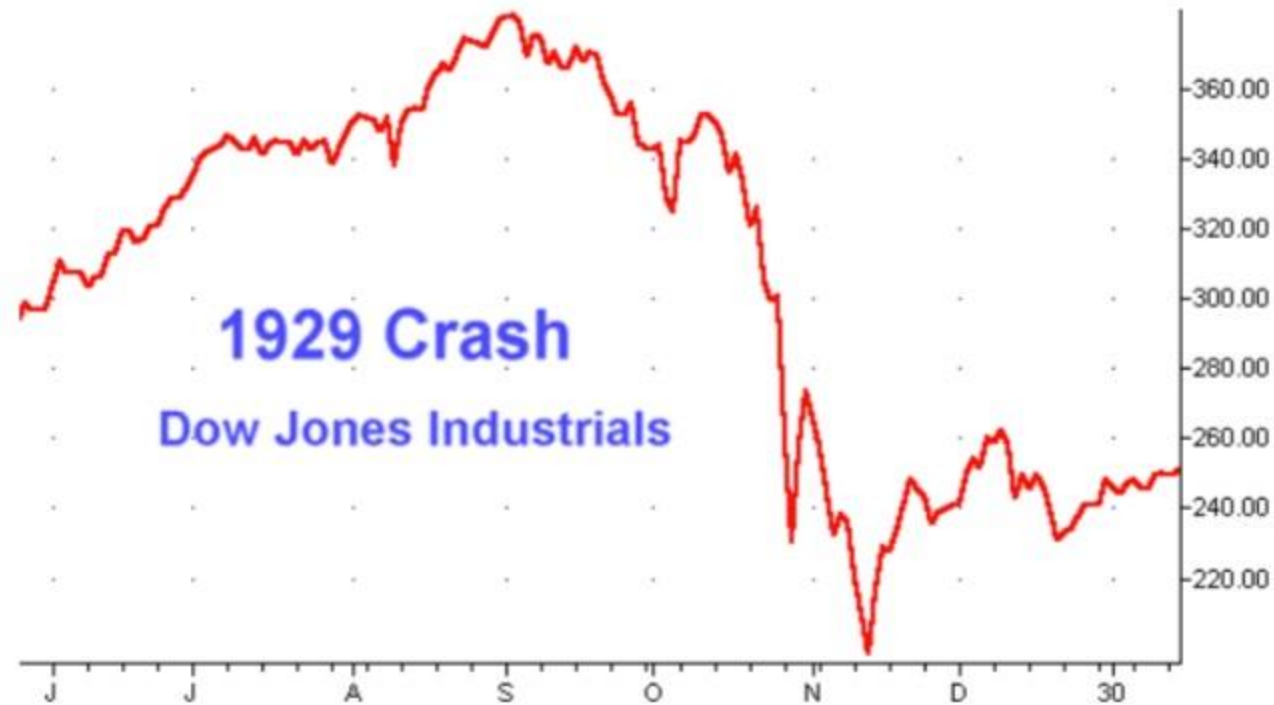
In the 20th Century 300-500 million deaths!

December 1979 WHO deemed Smallpox had been eradicated



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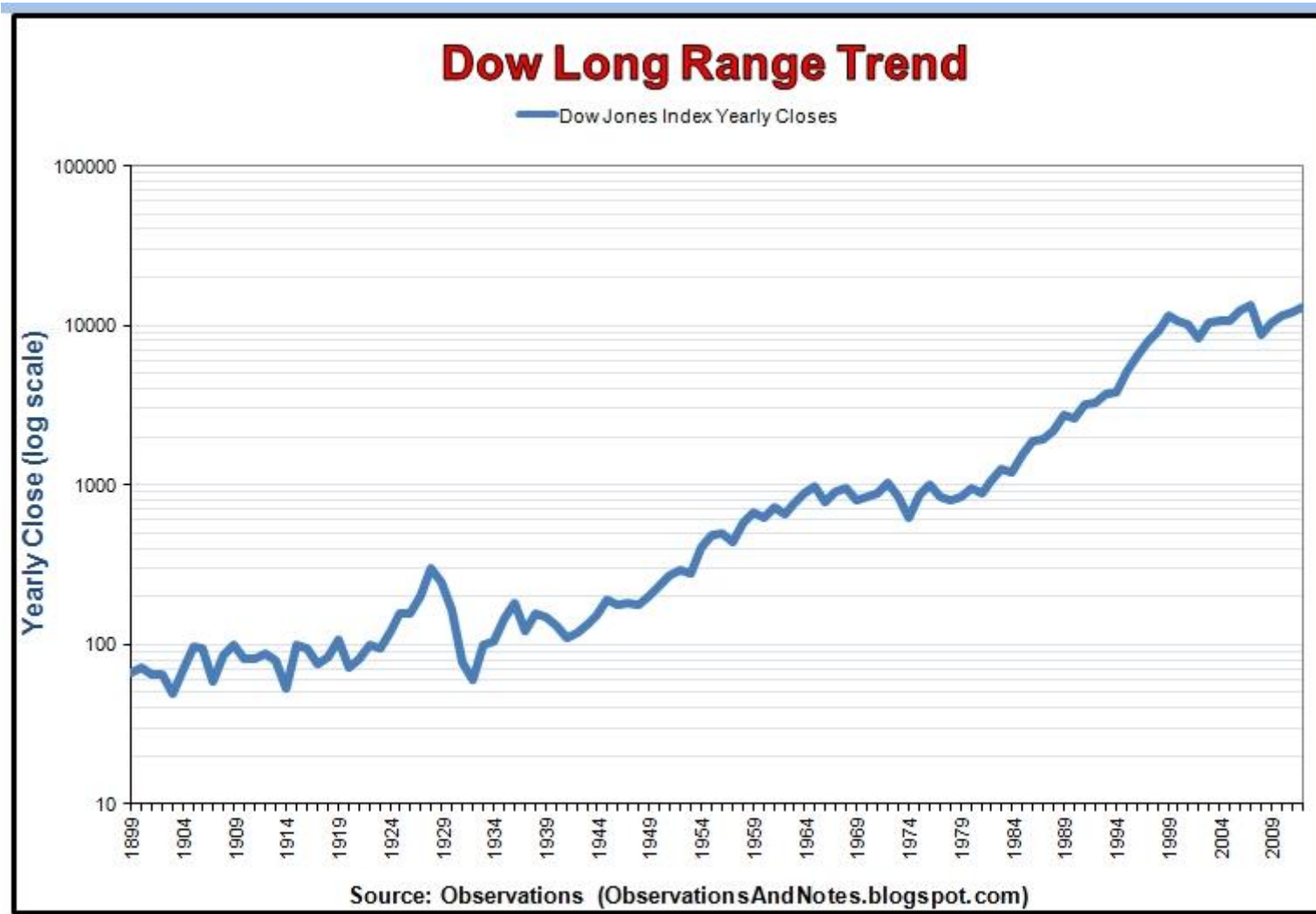
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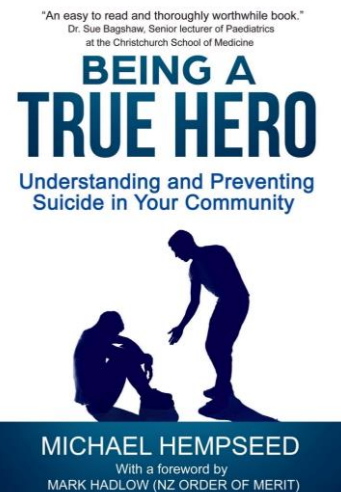


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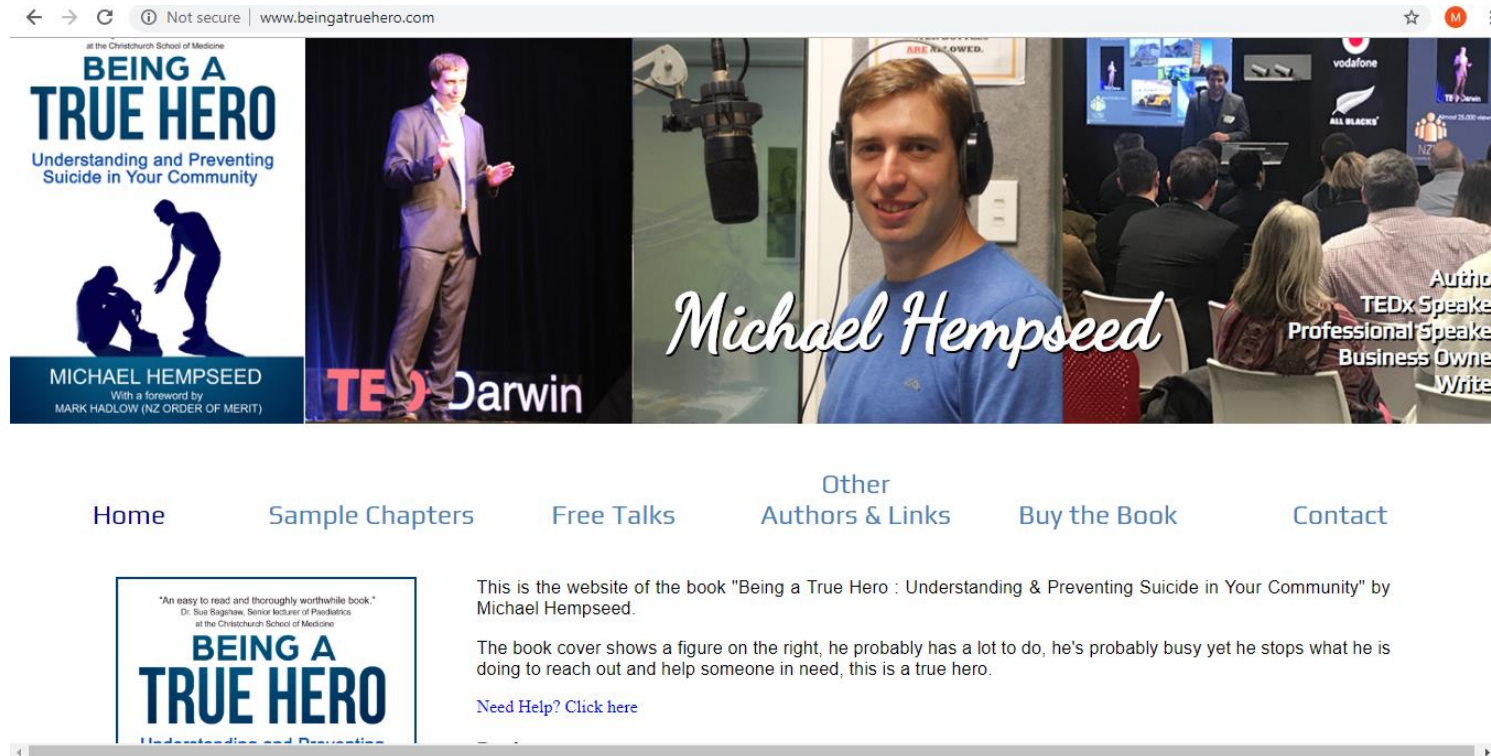
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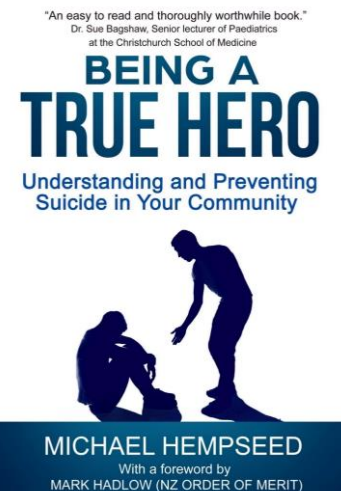
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DISASTERS

The Human Impact



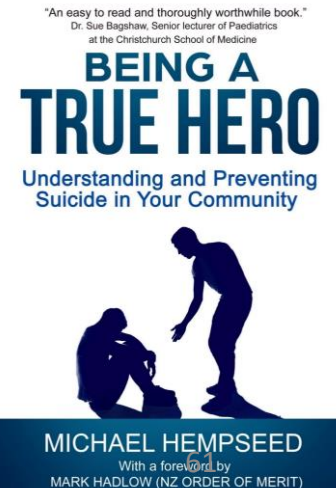
Michael Hempseed

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



www.beingattruehero.com