


# Suicide Prevention and the Neurodivergent Population



MENTAL HEALTH AWARENESS EDUCATION

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**Content Warning:**  
Emotional content

**National Crisis Lines**

**Suicide & Crisis Lifeline**  
988

**Crisis Text Line**  
741-741

2



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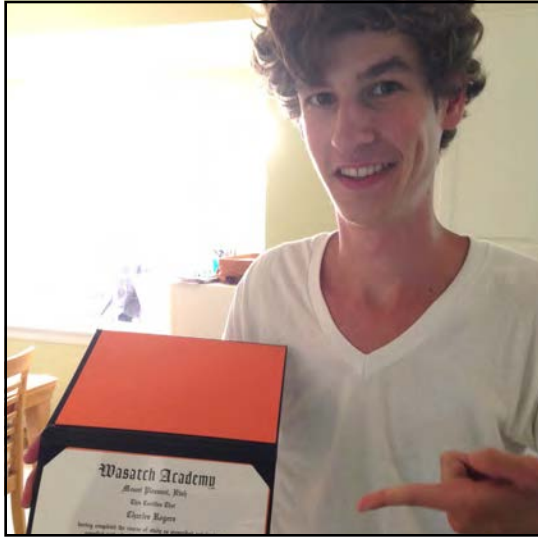


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## Charles's ND, Health & Mental Health Issues

- ADHD
- Dyscalculia
- Depression & Anxiety
- Addiction (SUD)
- Sleep Disorder (DSPS)

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**OBITUARIES & IN MEMORIAM**  
**ROGERS, CHARLES** Guest Book

posted 10 months ago June 10th, 2015. Updated 3 months ago

**ROGERS, CHARLES**

ROGERS, Charles Aubrey, 20, died Friday, June 5, 2015 and is survived by his parents, Randy and Anne Moss Rogers of Midlothian, Va.; brother, Richard Rogers, 22, of Winston-Salem, N.C.; grandparents, Richard and Myra Rogers of Pine Mountain, Ga. and Robert and Anne Nimocks of Fayetteville, N.C.; and his beloved dog, Andy. He graduated high school in 2014 from Wasatch Academy in Utah. A deep, soulful, passionate and sensitive young man, Charles loved and treasured family. He was a true artist, an off-the-cuff comedian who loved to rap, entertain and act. He loved dogs, funky socks, drama, theatre, writing and making people laugh. But most of all, he loved people. As many artists do, Charles lived life on his own terms and ultimately chose how he wanted to end it. He lit up every room he ever walked into. But he also struggled and is now at peace. He was one of a kind, a true non-conformist. Charles Rogers was Peter Pan. He was just never meant to grow up. In lieu of flowers, please send donations to [BeaconTree.org](http://BeaconTree.org).

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**Mental Health  
& Self Harm**

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**MENTAL HEALTH AWARENESS EDUCATION**

## Masking

[https://drive.google.com/file/d/1fkI7NUkb5T6M1g4-GCW3u7\\_KivpWA\\_je/view?usp=sharing](https://drive.google.com/file/d/1fkI7NUkb5T6M1g4-GCW3u7_KivpWA_je/view?usp=sharing)

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## Why Self Harm?

- Help them feel when they are numb inside
- Be able to physically see pain they feel inside
- To escape/distract from emotional pain
- To punish themselves
- Feel control, joy, excitement
- Communicate emotional pain
- Don't know how to express their feelings to others

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“ I explained that for me (and many others) I self harm because I don't know how to express my feelings.

**Young Lady, 25, ADHD, autism, struggles with thoughts of suicide, occasional self-harm (cutting)**

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## What You Can Say

“ I couldn't help but notice the burns/scars on your arms. Can you tell me more about what you might be going through?

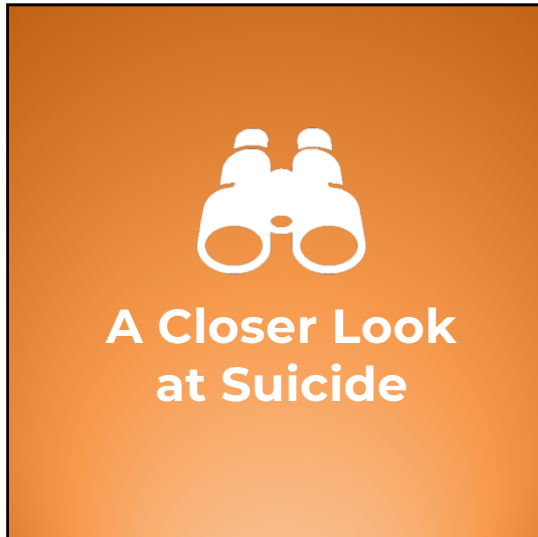
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**MENTAL HEALTH AWARENESS EDUCATION**

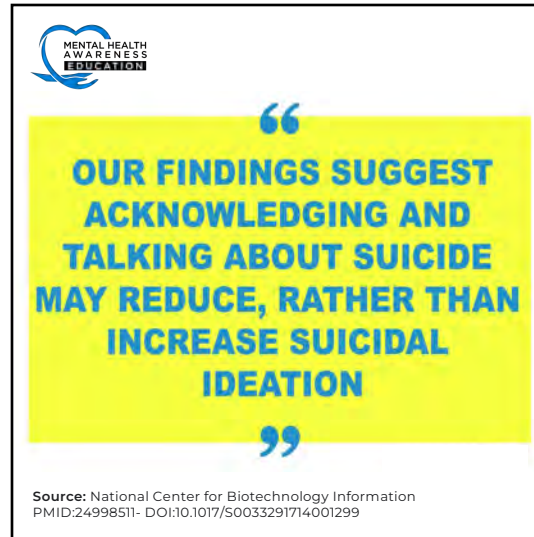
<https://self-harm.gr8.com/>

**MentalHealthSpeakers.net**

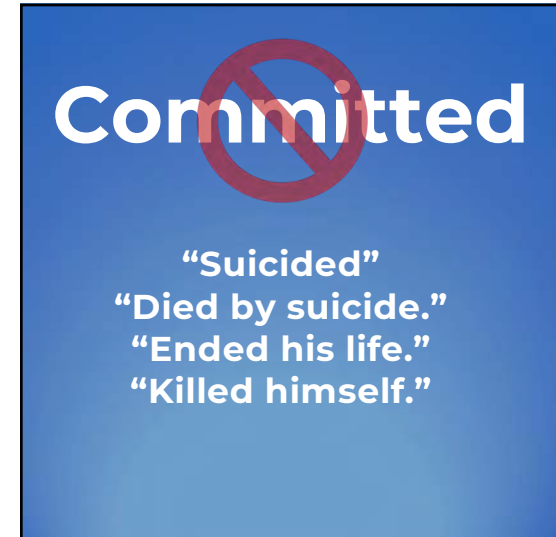
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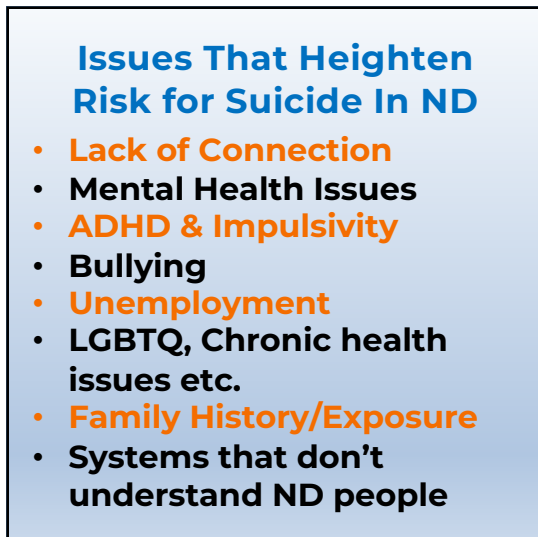
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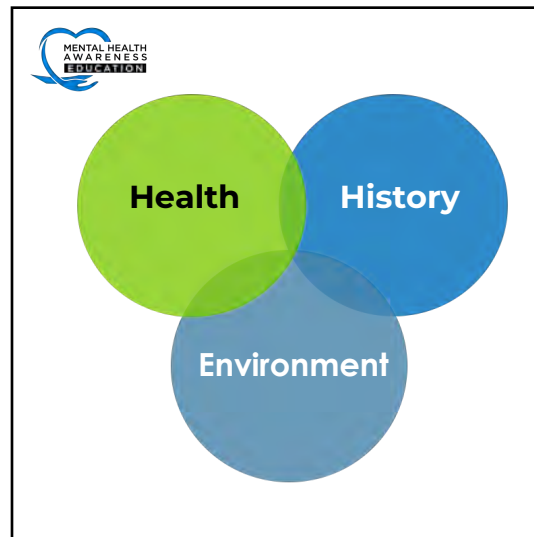
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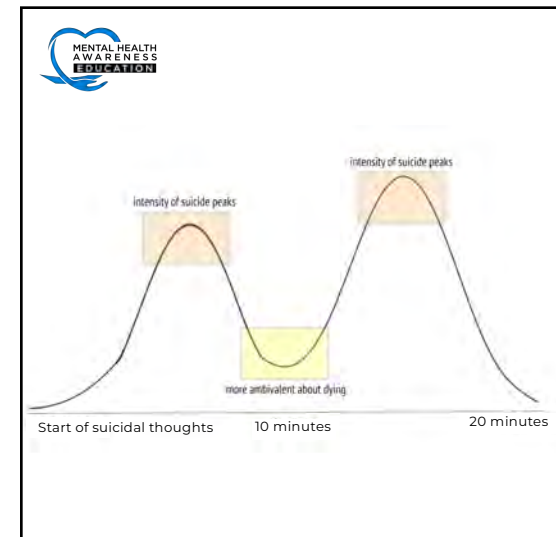
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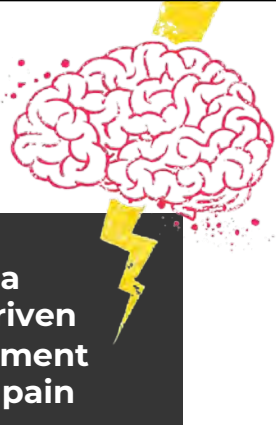
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**Suicide is something a person is driven to in an moment of extreme pain**

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### Red Flag Behavior:

- **Isolates/Avoids**
- Sudden behavior changes
- **Falls asleep in class/at work**
- Frequent flier to doctor
- **Angry, irritable, violent**
- Bullying others
- **Sad**
- Frequent absences
- **Gives Away Prized Possessions**
- Self-harm/drug use escalates
- **Behaves recklessly**

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### What do people say?


- "I want to die."
- "I'm so worthless."
- "I feel so numb."
- "I'm such a burden."
- "I can't do this anymore."
- "I feel so overwhelmed."

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### Younger ones say:

- "I want to go see grandma."
- "I want to run in front of a car."
- "I am ugly."
- "I have no friends."
- "I hate myself."

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### June 1, 2015


**Charles Rogers** @IamReezin

If I died no one would notice for at least a month

RETWEETS 2 LIKES 5

12:55 PM - 1 Jun 2015

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### June 2, 2015

**Charles Rogers** @IamReezin

Death sounds nice

RETWEETS 2 LIKES 5

7:00 AM - 2 Jun 2015

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## Considerations for the Neurodiverse

- Masking makes it harder to see
- **ND have challenges in stress response, emotional regulation**
- **ND need more time to process**
- **Challenges with communicating emotions**

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What do you ask if you want to know if someone is thinking of suicide?

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STOP SUICIDE  
WITH YOUR EARS



#JustListen

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Adults, Teens  
& Tweens

“Are you thinking of suicide?”

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Younger  
Children

“Are you thinking of making yourself dead?”

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1. Avoid minimizing feelings
2. Avoid convincing them life is worth living
3. Avoid trying to “fix” it

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**Say this:**  
"Tell me more About how you feel"

**Not that:**  
"You have so much to live for!"

#SayThisNotThat

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**Say this:**  
"I am grateful you shared this with me. I know it was hard."

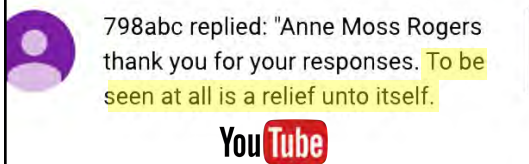
**Not that:**  
"You got this! You gotta stop talking like that."

#SayThisNotThat

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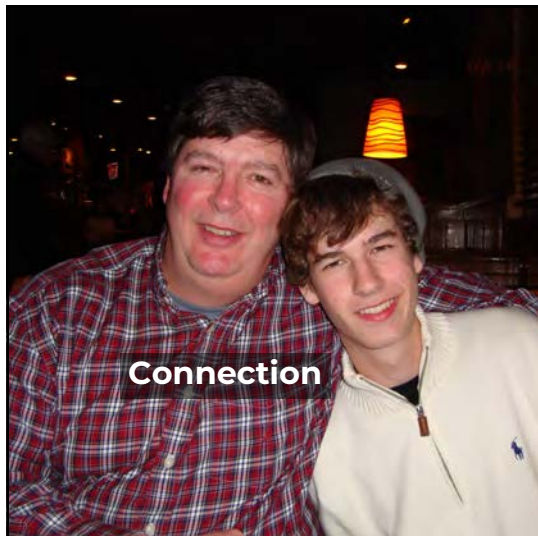
A trend I have noticed



798abc replied: "Anne Moss Rogers thank you for your responses. To be seen at all is a relief unto itself."

YouTube

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When are people most vulnerable?

- Transitions, Mini Transitions
- Relationship Disruption




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Summary of What To Do


1. Engage in private conversation
2. Listen w/ compassion, no "fixing"
3. Ask, "Are you thinking of suicide?"
4. Connect person w/ help

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1. 911 is a last resort. You can call 988 together.
2. If a person has taken a med, call 911.
3. Trust the process. Don't focus on the outcome.

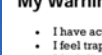
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## Looking for a

1. Suicide Risk Assessment
2. Safety Plan

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### My Warning Signs

- I have active thoughts about suicide & killing myself
- I feel trapped & that there is no escaping the pain I'm in
- I feel disconnected from myself & the world around me

### My Reasons for Living

- Accepting myself
- Healing
- Recovery
- Surviving

### My Coping Strategies

- Blow bubbles
- Listen to music
- Pop bubble wrap
- Squeeze ice
- Take a hot shower
- Wrap up in a blanket
- Watch TV

### My Support Network


- Anne Moss Rogers from the emotionally naked blog
- Charlotte Medical Practice: 01387 267626 (Mon-Fri 8am-6pm)
- Samaritans: 116 123

### My Environment Safety

- Locking up or removing items I may use to harm myself (medications, ligatures, etc.)
- Removing myself from areas I am not safe (near bridges or water)
- Avoiding things that make me feel unstable (blades, knives, razors, etc.)

## Safety Plan for Neurodiverse LGBTQ YA w/ NSSI ADD, Anxiety, Depression, Chronic Suicidality

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## Coping Card

REASONS FOR LIVING  
FAMILY  
FOOTBALL  
TEAMMATES  
COPING STRATEGIES  
> 50 JUMPING JACKS OR 25 PUSH UPS  
> TAKE REX OUTSIDE AND THROW THE BALL  
PEOPLE TO REACH OUT TO  
CALL DAVE, UNCLE BILLIE, MOM  
CRISIS RESOURCES  
741-741  
WHATSAAPP CRISIS

1. Reasons 4 living
2. Coping Strategies
3. 2 trusted adults
4. Crisis Resources
5. Bonus Backside: Book of Wins

Based on CRP by Drs David Rudd and Craig Bryan

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**Tyler Daykin** 14 hours ago

After I watched this video about 2 years ago I had a bit oh hope that stuff would go right thank you

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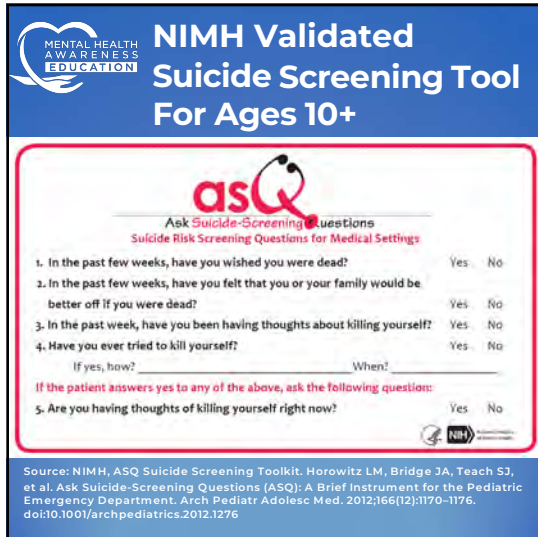
**The Coping Card Activity**  
(ppt and pdf)



**MentalHealthSpeakers.net**

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**NIMH Validated Suicide Screening Tool For Ages 10+**

**asQ**  
Ask Suicide-Screening Questions  
Suicide Risk Screening Questions for Medical Settings


- In the past few weeks, have you wished you were dead? Yes No
- In the past few weeks, have you felt that you or your family would be better off if you were dead? Yes No
- In the past week, have you been having thoughts about killing yourself? Yes No
- Have you ever tried to kill yourself? Yes No  
If yes, how? \_\_\_\_\_ When? \_\_\_\_\_

**If the patient answers yes to any of the above, ask the following question:**

- Are you having thoughts of killing yourself right now? Yes No

Source: NIMH, ASQ Suicide Screening Toolkit. Horowitz LM, Bridge JA, Teach SJ, et al. Ask Suicide-Screening Questions (ASQ): A Brief Instrument for the Pediatric Emergency Department. Arch Pediatr Adolesc Med. 2012;166(12):1170-1176. doi:10.1001/archpediatrics.2012.1276

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**Paul Lipkin, MD**  
Pediatrician. Director,  
Kennedy Krieger Institute,  
Baltimore, MD.

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Graphic featuring colorful speech bubbles and question marks.

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**Restricting Access to Means**

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**Clear Out or Restrict Access to Medications**

- Takebacks
- Lockboxes
- Limit access to OTC Meds!

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**Buy in blister packs**

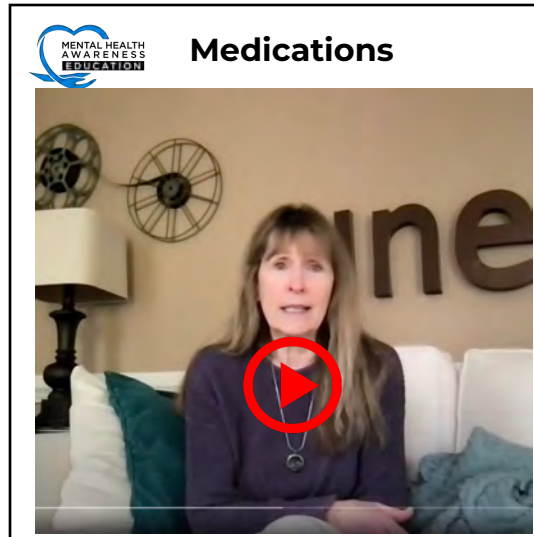
**When UK changed Tylenol to blister packs, suicide deaths from Tylenol ODs declined 43%.**



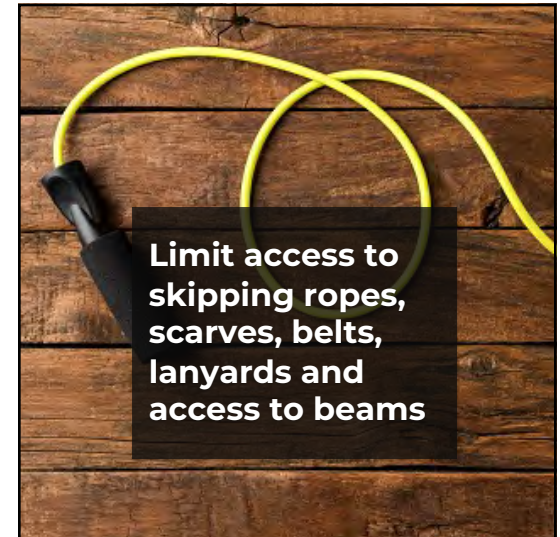
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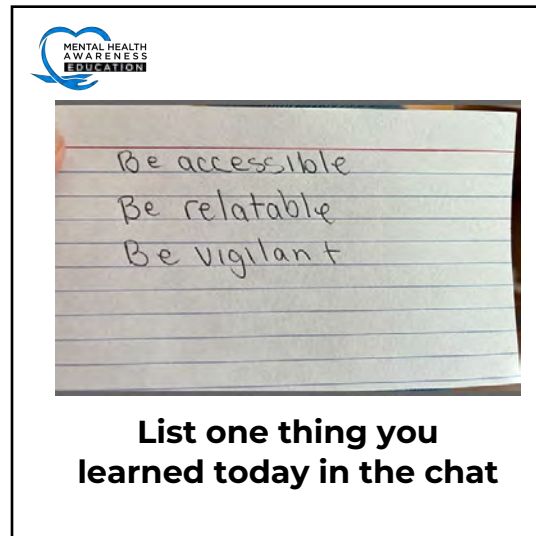
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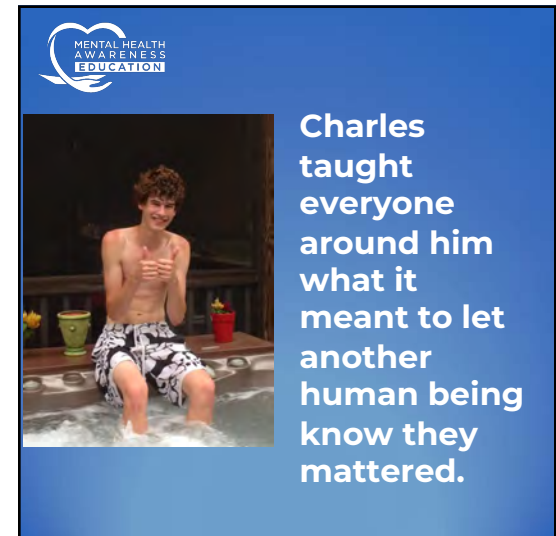
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**AnneMoss Rogers**  
[am@annemoss.com](mailto:am@annemoss.com)

*Diary of a Broken Mind*  
ANCHORING STAFF & STUDY GUIDES  
AND 100 REPRODUCTIONABLES FOR LEAD TEACHERS  
Anne Moss Rogers

*emotionally naked*  
A Teacher's Guide to  
Presenting, Assessing, and  
Reorganizing, Revisiting, & Risk  
Anne Moss Rogers

**EmotionallyNaked.com**  
[MentalHealthAwarenessEducation.com](http://MentalHealthAwarenessEducation.com)  
**LinkedIn AnneMoss Rogers**  
**IG @annemossrogers**

Resources → 

The advertisement features two book covers. The left book, 'Diary of a Broken Mind', is a paperback with a dark cover and white text. It has several award seals, including 'NEW YORK TIMES BESTSELLER' and 'FINALIST'. The right book, 'emotionally naked', is a hardcover with a dark cover and white text. It has a '#1 Amazon.com BEST SELLER' seal. The background is white with a black border.