HOT TOPICS CAFÉ

SUICIDE: AN OPEN DIALOGUE

Wednesday, May 18, 2016
3 - 4:30 p.m.
Sedona Community Center
Facilitated by Andrea Houchard, Director, Philosophy in the Public Interest

NORTHERN ARIZONA UNIVERSITY
College of Arts & Letters
Philosophy in the Public Interest
3 p.m.  
**Welcome and Introduction**  
Andrea Houchard, Director, Philosophy in the Public Interest

3:15 p.m.  
**Community Dialogue**  
Andrea Houchard, Director, Philosophy in the Public Interest

  Question 1: Why are thoughts of suicide so often stigmatized?

  Question 2: Is suicide necessarily more problematic than other forms of death? If so, why?

  Question 3: What can the community do to help when people have suicidal thoughts?

General Information

4:20 p.m.  
**Closing Questions and Recap of Discussion**

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This informational handout was researched and written by Andrea Houchard, *Director, Philosophy in the Public Interest*, designed by Kaitlin Baker, *Philosophy in the Public Interest, Visual Communications Major*

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**SPECIAL THANKS TO OUR PARTNERS, SUPPORTERS AND VENUE HOSTS!**

- Sedona Community Center
- Health Choice
- Mental Health Coalition Verde Valley
- azdailysun.com
- SOPHIA
- SRS Compassion Project
QUESTIONS

Why are thoughts of suicide so often stigmatized?

Is suicide necessarily more problematic than other forms of death? If so, why?

What can the community do to help when people have suicidal thoughts?

GENERAL INFORMATION

Signs of Distress

- Sleeping too much or too little
- Stomachaches or headaches
- Anger, feeling edgy or lashing out at others
- Overwhelming sadness
- Worrying a lot of the time; feeling guilty but not sure why
- Feeling like you have to keep busy
- Lack of energy or always feeling tired
- Drinking alcohol, smoking or using tobacco more than usual; using illegal drugs
- Eating too much or too little
- Not connecting with others
- Feeling like you won’t ever be happy again
- Rejecting help

Signs of Suicidal Behavior

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

Hotlines

National Suicide Prevention Lifeline
1-800-273-TALK
1-800-273-8255

Maricopa County Suicide Hotline
1-800-631-1314
602-222-9444

Pima County Suicide Hotline
1-800-796-6762
520-622-6000

Graham, Greenlee, Cochise and Santa Cruz Counties Suicide Hotline
1-866-495-6735

Gila River and Ak-Chin Indian Communities Suicide Hotline
1-800-259-3449

Mohave, Coconino, Apache, Navajo and Yavapai Counties
1-877-756-4090

24 hour substance use information service (free and confidential information on substance use and referral to possible treatment)
1-800-662-HELP
NOTES:

SOURCES

http://www.healthchoiceintegratedcare.com/crisis-help/
http://www.mentalhealthcoalitionvv.org/
https://www.mentalhealth.gov/what-to-look-for/suicidal-behavior/

NAU's Philosophy In the Public Interest is non-partisan and does not endorse any position with respect to the issues we discuss. Philosophy In the Public Interest is a convener for civil discourse.

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