

# Examining Current Approaches To Suicide In Policy And Law American Psychology



## Suicide Signs and Risk Factors Checklist

This checklist is designed to determine behaviours that may indicate a patient may be considering suicide. The results must be interpreted in the context of an individual's circumstances and as such should be used only in combination with a comprehensive medical and clinical assessment. It is **NOT** a stand-alone diagnostic tool.

Signs	Risk factors
<ul style="list-style-type: none"><li><input type="radio"/> Talking about wanting to die or to kill oneself</li><li><input type="radio"/> Looking for a method to kill oneself (e.g. searching online or buying a rope)</li><li><input type="radio"/> Talking about feeling hopeless or having no reason to live</li><li><input type="radio"/> Talking about feeling trapped or in extreme emotional pain</li><li><input type="radio"/> Talking about being a burden to others</li><li><input type="radio"/> Increasing use of alcohol or drugs</li><li><input type="radio"/> Acting anxious or agitated; behaving recklessly</li><li><input type="radio"/> Sleeping more or less than what is normal for them</li><li><input type="radio"/> Withdrawing or feeling isolated</li><li><input type="radio"/> Showing rage or talking about seeking revenge</li><li><input type="radio"/> Displaying extreme mood swings</li></ul>	<ul style="list-style-type: none"><li><input type="radio"/> History of self-harm or previous suicide attempt</li><li><input type="radio"/> Mental or substance use disorders, especially depression</li><li><input type="radio"/> Physical illness: terminal, painful or debilitating illness</li><li><input type="radio"/> Family history of suicide, substance abuse and/or other psychiatric disorders</li><li><input type="radio"/> History of sexual, physical or emotional abuse</li><li><input type="radio"/> Socially isolated or living alone</li><li><input type="radio"/> Bereavement in childhood</li><li><input type="radio"/> Family disturbances</li><li><input type="radio"/> Unemployment, change in occupational or financial status</li><li><input type="radio"/> Rejection by a significant person (e.g. relationship breakup)</li><li><input type="radio"/> Recent discharge from a psychiatric facility</li></ul>

If a patient's presentation meets **1 or more criteria** from **both of the above categories**, there is an increased chance that they **may be considering suicide**. In this case, it is important to complete a **thorough suicide risk assessment** at the time of your consultation.

It is also recommended that they be **referred to a psychologist** for a more comprehensive assessment. To book an appointment with a psychologist, contact Strategic Psychology on (02) 6262 6157 or email [support@strategicpsychology.com.au](mailto:support@strategicpsychology.com.au).

### Reference:

Newton, K., & James, A. (2005). Suicide and deliberate self harm in young people. *British Medical Journal*, 332(7496), 891-894.

Sydney Building, Level 1,  
Suite 2, 99 London Circuit  
Canberra City ACT 2601

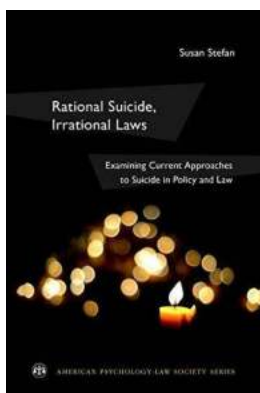
(02) 6262 6157 (02) 6248 6121  
[support@strategicpsychology.com.au](mailto:support@strategicpsychology.com.au)  
[www.strategicpsychology.com.au](http://www.strategicpsychology.com.au)

When it comes to suicide, understanding and addressing the issue from a psychological standpoint is crucial. Suicide rates have been increasing steadily in the United States, making it a pressing concern that demands immediate

attention. In order to combat this growing problem, policies and laws surrounding suicide must be constantly analyzed and reevaluated.

## The Importance of Policy and Law in Suicide Prevention

Policy and law play a significant role in suicide prevention. They provide the framework within which psychologists and mental health professionals operate, offering guidance on how to handle individuals at risk of suicide. By examining current approaches to suicide in policy and law, we can identify strengths, weaknesses and areas for improvement.



### Rational Suicide, Irrational Laws: Examining Current Approaches to Suicide in Policy and Law (American Psychology-Law Society Series)

by Susan Stefan (1st Edition, Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

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Screen Reader : Supported

Print length : 584 pages

Lending : Enabled



## An Overview of Current Policy and Law

The American psychology landscape is filled with various policies and laws that aim to address suicide prevention. These measures often focus on raising awareness, providing support systems, and encouraging access to mental health services. They aim to reduce stigma, increase funding for research, and improve treatment options for those struggling with suicidal thoughts.

## **Stigmatization and Its Impact on Suicide Rates**

One crucial aspect to consider when examining current approaches is the stigma associated with mental health and suicide. Stigmatization can discourage individuals from seeking help, reinforcing the isolation and hopelessness they feel. Policy and law need to work in tandem with psychology professionals to educate the public and combat this harmful stigma.



## **Funding for Research and Treatment**

Another aspect that needs careful examination is the availability of funds for research and treatment. Funding plays a pivotal role in developing effective and innovative approaches to suicide prevention. By analyzing current policy and law, we can determine whether sufficient resources are being allocated to research and whether treatment options are easily accessible to those in need.

## **Addressing the Gaps in Current Approaches**

While progress has been made in suicide prevention efforts, there are still significant gaps that need to be addressed. For instance, better coordination

between policy, law, and psychology professionals is crucial to ensure a comprehensive approach to prevention. Additionally, education and training programs for mental health professionals need to be continuously improved to stay up to date with evolving trends and best practices.

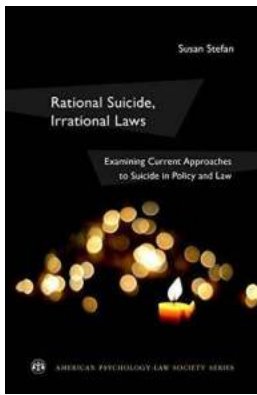
## **The Role of Technology in Suicide Prevention**

With the advancement of technology, new opportunities arise for suicide prevention. From online support groups to crisis hotlines, technology has the potential to connect individuals in need with the help they seek. Examining current approaches should also involve considering the integration of technology into policy and law to enhance suicide prevention efforts.

## **Future Directions for Suicide Prevention Policy and Law**

In order to create a comprehensive and effective suicide prevention framework, continuous evaluation and improvement of policy and law are necessary. This includes fostering collaboration between psychology professionals, policymakers, and lawmakers to ensure the implementation of evidence-based strategies. Additionally, increased investment in research and maintaining up-to-date data on suicide rates will allow for more targeted interventions.

The examination of current approaches to suicide in policy and law within American psychology is crucial for understanding the complexities surrounding suicide prevention. By critically analyzing the strengths and weaknesses of existing measures, we can work towards comprehensive improvements that address the root causes of suicide and offer effective interventions for those in need. Suicide prevention should be a top priority, and policy and law play a fundamental role in shaping intervention strategies that save lives.



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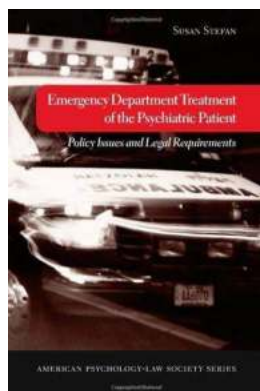
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When should we try to prevent suicide? Should it be facilitated for some people, in some circumstances? For the last forty years, law and policy on suicide have followed two separate and distinct tracks: laws aimed at preventing suicide and, increasingly, laws aimed at facilitating it.

In *Rational Suicide, Irrational Laws* legal scholar Susan Stefan argues that these laws co-exist because they are based on two radically disparate conceptions of the would-be suicide. This is the first book that unifies policies and laws, including constitutional law, criminal law, malpractice law, and civil commitment law, toward people who want to end their lives. Based on the author's expert understanding of mental health and legal systems, analysis of related national and international laws and policy, and surveys and interviews with more than 300 suicide-attempt survivors, doctors, lawyers, and mental health professionals, *Rational Suicide, Irrational Laws* exposes the counterproductive nature of current policies and laws about suicide. Stefan proposes and defends specific reforms, including increased protection of mental health professionals from liability, increased protection of suicidal people from coercive interventions, reframing medical involvement in

assisted suicide, and focusing on approaches to suicidal people that help them rather than assuming suicidality is always a symptom of mental illness. Stefan compares policies and laws in different states in the U.S. and examines the policies and laws of other countries in Europe, Asia, and the Americas, including the 2015 legalization of assisted suicide in Canada. The book includes model statutes, seven in-depth studies of people whose cases presented profound ethical, legal, and policy dilemmas, and over a thousand cases interpreting rights and responsibilities relating to suicide, especially in the area of psychiatric malpractice.



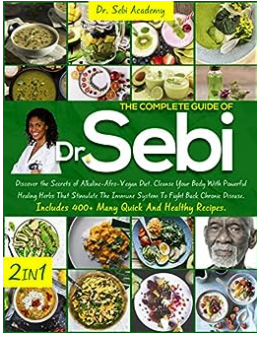
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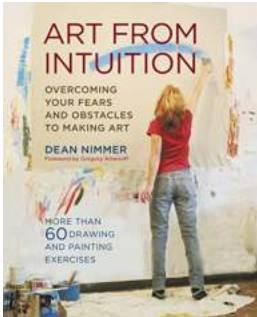
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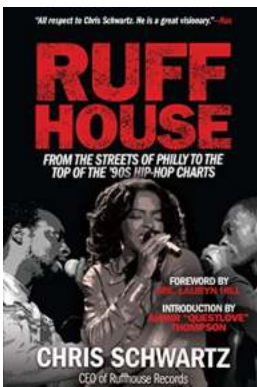
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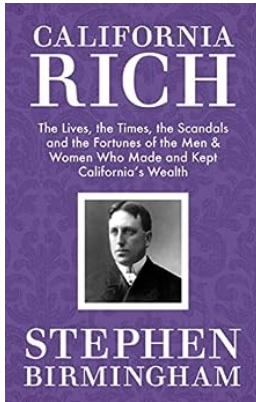
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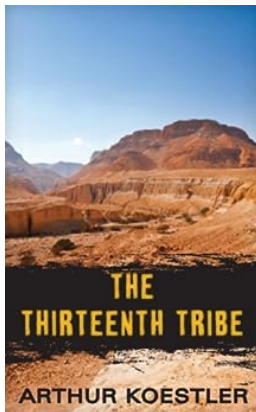
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