

## **SCRIPT FOR INMATE SUICIDE ELIMINATION VIDEO**

Hello and Welcome to the Connecticut Department of Correction.

This video has been created to help educate offenders and those who care about them, about suicide. The message is simple:

**SUICIDE ELIMINATION IS EVERYONE'S RESPONSIBILITY.**

This video is being shown to every individual coming into our correctional facilities as an inmate. The Connecticut Department of Correction is committed to eliminating suicide in our system and understands that it is everyone's responsibility. As family members and loved ones of incarcerated individuals we also ask for your help.

Please view the following video. If you see or hear any of the signs discussed in the video, please contact the facility your family member is located immediately. We understand the stress of incarceration not only impacts the offender but also the family. If you have to give them information you think would be upsetting; or that they may have a hard time dealing with, please notify the facility so we can help them cope with this information.

If your loved one is talking about suicide or making any hopeless statements it is important, contact the facility immediately so we can provide help and support.

Thank you for helping us to insure the safety of your loved one.

Please remember; contact any staff member if you have any questions, need additional information, or to provide information that may save a life.

Thank you.

## **SCRIPT FOR VIDEO**

Hello.

Suicidal thoughts can happen to anyone and can occur at any point during incarceration. You can help. We can all help!!! There are several signs that may indicate an inmate is at risk for suicide. If you experience or witness any of the following behaviors please take action right away and tell a staff member immediately.

1. Talking about wanting to die or to kill oneself
2. Looking for a way to kill oneself
3. Talking about feeling hopeless or having no reason to live

There are also other, less obvious, signs that may indicate someone is at risk for self harm:

- Giving away possessions
- Talking about feeling trapped or having unbearable pain

- Talking about being a burden to others
- Staying alone in the cell and not going out
- 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

If you or someone you know is displaying any of the above, please tell any staff member (custody, mental health or medical)

*Along with these signs, there are some moments when individuals may be at greater risk to experience suicidal thinking, or have a desire to act on suicidal thinking. These include:*

- *The first 4 months in jail*
- *The 2 days before or after a court hearing*
- *After getting bad news from a court hearing*  
*(i.e. denial of parole/probation, extension of sentence, new charges)*
- *After a difficult visit or getting bad news*  
*(i.e. death of close family member, divorce notice, loss of parental rights)*

It's not "snitching" to help someone who is hurting.

If you are watching this video and are experiencing any of the signs or symptoms previously mentioned, please know we understand these feelings can seem overwhelming. You may feel like it will never end but as human beings our thoughts and feelings are changeable and we can help you change them.

It's a sign of strength to ask for help!!!

SUICIDE IS PREVENTABLE...IF YOU HEAR SOMETHING....OR SEE SOMETHING....SAY SOMETHING!!!!!!

SUICIDE ELIMINATION IS EVERYONE'S RESPONSIBILITY

Thank you.