



**SUICIDE
PREVENTION
TOOLBOX**

**YOUNG MEN
AGED BETWEEN 14 AND 29**

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Although young people in general have a lower mortality rate from suicide than other age groups, we still need to pay special attention to them, as they have disturbingly high rates of psychological distress.



Among men in general, one in four men in Montreal has a high index of psychological distress, while among men aged between 25 and 34 this proportion rises to almost one in two, or 43%





BEING VIGILANT

What are the signs of suicidal distress? What are the risk factors to watch out for?

It's important to note that suicide is rarely the result of a single cause. It is usually multifactorial, involving a combination of many different variables. Researchers sometimes use the "stress-vulnerability" model. Here are a few factors that can increase the risk of suicide, especially when combined.



ONLINE RISK FACTORS

- Victim of sexual exploitation, sextortion
- Bullying and harassment on social networks
- Exposed to violence (aggression or intimidation)



PSYCHOLOGICAL RISK FACTORS

- Body dysmorphic disorder
- Low self-esteem
- Self-deprecating remarks said seriously



BEHAVIOURAL RISK FACTORS

- Extreme and excessive behaviours, for example sleeping too much, or playing too much sports.
- Reckless and dangerous behavior
- Self-injury
- Judicial or legal problems



SOCIAL RISK FACTORS

- Social or family pressure
- Peer performance
- Ideological radicalization
- Social isolation or other social disengagement
- School failure and high school drop out
- Romantic break-ups



FAMILY RISK FACTORS

- Parental separation
- Dysfunctional family environment
- Moving/relocation



ELEMENTS TO EXPLORE

1. Recognizing signs of distress
2. Welcoming distress (active listening, validation, empathy, highlighting strengths)
3. Suicidal ideation check
4. Exploring if there is any planning (and imminence) of a suicidal act
5. Encouraging help-seeking (such as a suicide prevention centre, crisis centre, psychologist, emergency service, etc.)
6. Creation of a safety net (family, loved ones and professionals as needed)
7. Designing and evaluating a needs-based plan with the person on an ad hoc basis



Equipping loved ones (e.g. educating them about the signs of distress, steps to better support the person at risk of suicide, providing information, etc.)

EMPATHY AND ACTIVE LISTENING TO NURTURE HOPE

What are the best practices for reaching out to young men, listening to them and inviting them to ask for help?

- Adopt a young man-centred approach
- Do not trivialize or be condescending
- Ensure a climate of confidentiality, discretion and trust
- Gain an understanding of cultural changes in our society and their impact (e.g. "What does it mean to be a young man today?", adherence to traditional male gender roles, etc.)
- Do not be offended or take resistance and failure personally
- Respect anger and stay calm



Provide an informal framework for intervention



SUPPORT

What are the best practices for inviting them to use the resources?



PSYCHOEDUCATION AT KEY MOMENTS



IDENTIFY ACTIVITIES THE YOUNG MAN WOULD LIKE TO EXPLORE



CREATE LINKS WITH NETWORKS SPECIFIC TO YOUNG MEN (E.G., PEER SUPPORT, ONLINE COMMUNITY, SPORTS, ETC.)



INVOLVE SIGNIFICANT ADULTS (PARENTS ARE NOT NECESSARILY THE ONLY PEOPLE WHO CAN HELP)



VALUE THE PEER-TO-PEER APPROACH



TRANSPARENCY, HORIZONTAL EXCHANGE



OFFER PRACTICAL HELP (E.G. "I HAVE A RESOURCE FOR YOU, I WOULD LIKE TO CALL IT UP WITH YOU TODAY")



PROTECTING THEMSELF

What protective factors can be put in place to reduce risky behaviour? What would a safety plan or action plan look like for a young man?

1. Exposure to positive activities in suitable contexts
2. Identify trusted adults
3. Identify prosocial peers
4. Nurture their interests
5. Create safe spaces where they can talk without judgement
6. Discuss psychoeducation (e.g., giving them the opportunity to share what they know with you)
7. Reinforce the protective elements named by the person
8. Reduce or eliminate dangerous elements identified by the individual



Useful resources

SUICIDE PREVENTION TOOLBOX

YOUNG MEN
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McGill



Pères Séparés Inc. Separated Fathers Inc.



Mdp
MAISON DU PÈRE