



# TALKING POINTS IN RESPONSE TO CHRIS CORNELL'S SUICIDE

May 18, 2017

Early today we learned that Chris Cornell, a husband, a father of three, and pioneer of the Seattle grunge scene, died by suicide following a Soundgarden concert in Detroit last night. It is devastating to lose anyone to suicide, and the loss of a celebrity like Cornell can cause significant pain and stress across communities and the world.

This is no doubt a difficult time for many people. Loss by suicide is a grief like no other, and we need to make sure that we get – and give – the support that is needed to all those that are impacted by this tragedy.

We all have a role to play in suicide prevention and supporting those around us that are suffering.

## Impact

Research has shown that each individual's suicide deeply impacts about 20 people. With Cornell, the number is exponentially higher.

How we talk about suicide matters. Many people will be tuning in to the media (including radio stations) to find out more details. Please share these guidelines with journalists, to encourage safe and sensitive messaging about suicide and mental health: [www.reportingonsuicide.org](http://www.reportingonsuicide.org).

Also, Cornell's suicide may bring up difficult memories for suicide loss survivors. Forefront offers grief support packages to folks who have recently lost someone to suicide. Forefront Cares is a free service in Washington State: <http://www.intheforefront.org/help/bereaved>

## Things you can do right now:

Put the National Suicide Prevention Lifeline in your phone: 1-800-273-TALK (8255)

Make sure that Rx medications and firearms are locked up in your own home.

Be observant about the warning signs of suicide risk. Forefront has developed a LEARN™ curriculum, with an abbreviated overview here: <https://tinyurl.com/LEARNsuicideprevention>

Learn more: [www.intheforefront.org](http://www.intheforefront.org)  
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## If you are feeling suicidal, please reach out right now

Resources for immediate help:

Call the National Suicide Prevention Lifeline 1800 273 TALK (8255).

Go to [www.crisischat.org](http://www.crisischat.org)

Go to [www.crisistextline.org](http://www.crisistextline.org) or type GO to 741-741

Go to [www.thetrevorproject.org](http://www.thetrevorproject.org) (suicide intervention services for LGBTQ youth ages 13-24)

Go to [www.translifeline.org](http://www.translifeline.org) (trans\* centered suicide intervention services)

**If in immediate danger: Call 911 or walk into a local hospital emergency department.**