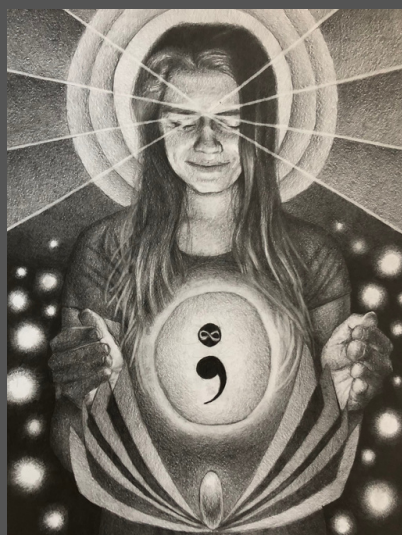




UNDERSTANDING AUTISM PODCAST

SHOW NOTES

SEASON 1 EPISODE 20 SUICIDAL IDEATION



My Life is Sacred
Artwork by Nicole Kubilus

[988 Suicide and Crisis
Lifeline](#)



In this episode we explore the sensitive topic of suicide. How does autism impact suicidal thoughts? What social and cultural factors might contribute to thoughts of suicide? Nicole shares her own struggles with this topic and shares resources and strategies that helped her overcome thoughts of suicide.

AUTISM AND SUICIDAL IDEATION

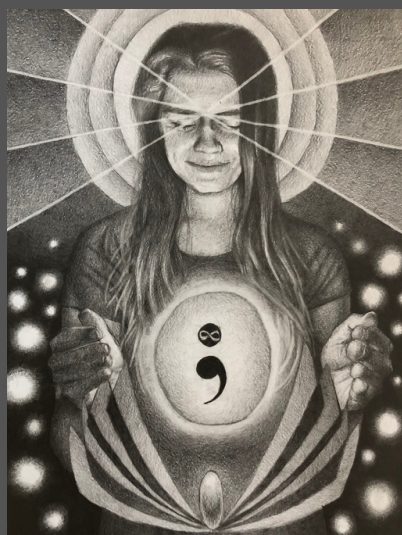
Introduction and Purpose of Episode	0:00-2:46
• National Suicide Hotline: Text or Call 988	
Common Reasons Why Autistic People May Contemplate Suicide	2:46-6:53
Nicole's Experience With Feelings of Shame and Suicidal Thoughts	6:53-8:11
Social-Cultural Factors That Contribute to An Autistic Person's Feeling of Shame and Other Experiences That May Lead to Suicidal Thoughts	8:11-12:12
A Parent's Worry: Could the Loss of a Caregiver Contribute to Suicidal Ideation?	12:12-20:23
Nicole Shares Her Thoughts On The Impact of Losing a Caregiver	20:23-40:33
Nicole Reflects on Her Experiences With Suicidal Thoughts	40:33-48:30
Nicole Reflects on Coping Methods and Resources That Helped Her	48:30-1:13:53
Advice For Parents and Caregivers of Autistic People Struggling With Depression or Contemplating Suicide	1:13:53-1:21:38
How Nicole's Experiences Impacts Her as a Teacher and Future Therapist	1:21:38-1:27:23
Advice For Autistic People Struggling With Depression or Contemplating Suicide	1:27:23-1:40:43



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AUTISM AND SUICIDAL IDEATION

○ Advice For Teachers of Autistic People 1:40:43-1:54:18
Struggling With Depression or
Contemplating Suicide

Advice For Therapists of Autistic Clients 1:54:18-1:59:00
Struggling With Depression or
Contemplating Suicide

How to Seek Support & Resources 1:59:00-2:05:18

- National Suicide Hotline: Text or Call 988
- Seek help from a walk-in crisis center
- Consider admitting yourself into an in-patient mental health clinic
- Seek out therapists and psychiatrists with a background in autism

Resources

- [*Six Reasons Why Autistic People Are At Greater Risk of Suicide* by Dr. Claire Jack](#)
- [*Autism and Warning Signs of Suicide: Considerations for the Autism Community* by Lisa Morgan and Brenda Maddox](#)
- [*Warning Signs of Suicide For Autistic People* \(powerpoint presentation pdf\) by Lisa Morgan and Brenda Maddox](#)
- [*Autism Spectrum Disorder and Depression* by Nick Dubin](#)
- [*Asperger's Syndrome and Anxiety* by Nick Dubin](#)
- [*The Guide to Good Mental Health on the Autism Spectrum* by Jeanette Purkis, Dr. Emma Goodall and Dr. Jane Nugent](#)
- [*Trauma, Stigma, and Autism: Developing Resilience and Loosening the Grip of Shame* by Gordon Gates](#)
- [*The Healing Otherness Handbook* by Stacey Reicherzer](#)
- [*Living Through Suicide Loss With an Autism Spectrum Disorder* by Lisa Morgan](#)