

Suicide and overdose among people with HIV during the COVID-19 pandemic: Updates and opportunities for mitigation

Erin Miers, PsyD

Jocelyn James, MD

February 10, 2021



Housekeeping



- You will need to call in to speak on the line; however, it is recommended that you call in even if you're just listening on the line for a better user experience:
 - Conference number: 1-866-814-9555
 - Participant passcode: 723 288 1431
- All phone lines have been muted.
- During the Q&A portion, you may unmute your phone line by pressing #6. You can also use the participant chat to ask questions.
- Today's session recording and slides will be available on the aidsetc.org website as a resource.

Speakers



Jocelyn James, MD
Assistant Professor
Department of Medicine
University of Washington
Harborview Adult Medicine Clinic



Erin M. Miers, PsyD
Psychologist
Dartmouth-Hitchcock
Dartmouth-Hitchcock's HIV
Program

Learning Objectives

- Understand that rates of overdose death have increased around the country during the COVID-19 pandemic
- Identify three concrete steps providers can take to address overdose risk in people with substance use disorder
- Identify at least two risk factors for suicidal ideation in people with HIV
- Identify at least two factors on how COVID-19 impacts the mental health of people with HIV

Overdose

Disclosure Statement

- I am a practicing primary care and addiction medicine physician at Harborview Medical Center in Seattle, WA.
- I do not routinely do HIV care.
- I have no disclosures to report.

Which of the following best describes your professional role?

- A. Administrator
- B. Counselor / case worker / social worker
- C. Nurse
- D. Physician or other prescribing provider
- E. Other

Outline

- Background: substance use and HIV pre-COVID-19
- HIV and substance use during the COVID-19 pandemic
- Overdose death during COVID-19
- Reducing risk: recommendations for advocates and providers

The Drug Overdose Epidemic Pre-COVID

- 70,980 overdose deaths in the U.S. in 2019¹
- Opioids contribute to 70-80%² of overdose deaths
- From Jan-June 2019, 3 of 4 opioid overdose deaths involved illicitly manufactured fentanyl (“fentanyl”)²
- Rates of death from cocaine and methamphetamine have increased dramatically in the last 5 years

¹Centers for Disease Control and Prevention, National Center for Health Statistics;

²MMWR Vol. 69 No. 35

Figure 1. Age-adjusted drug overdose death rates, by sex: United States, 1999–2018

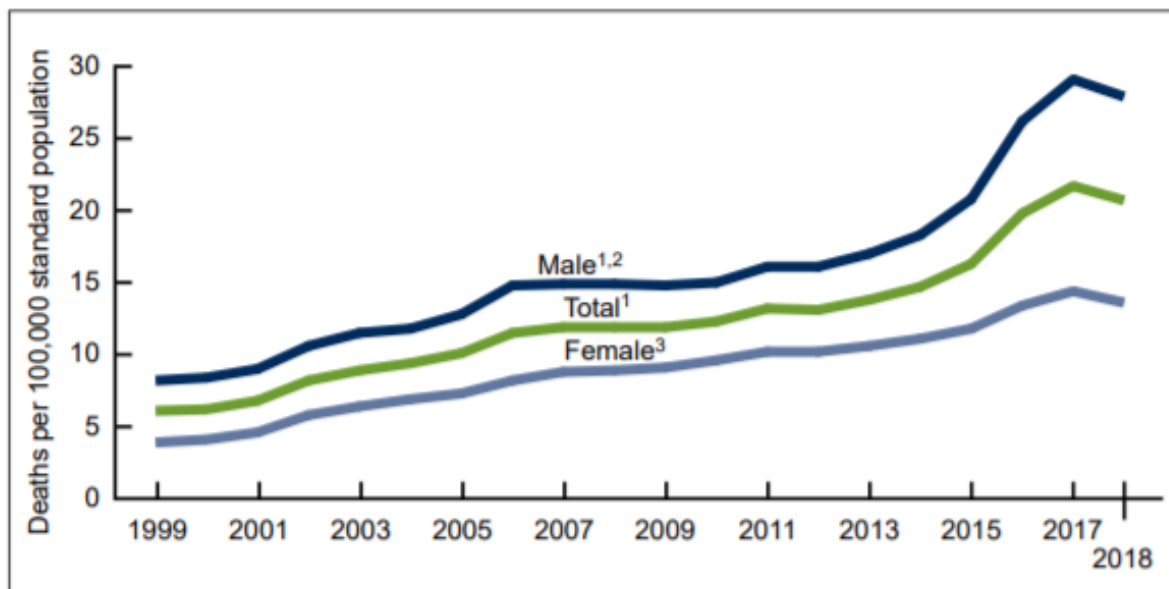
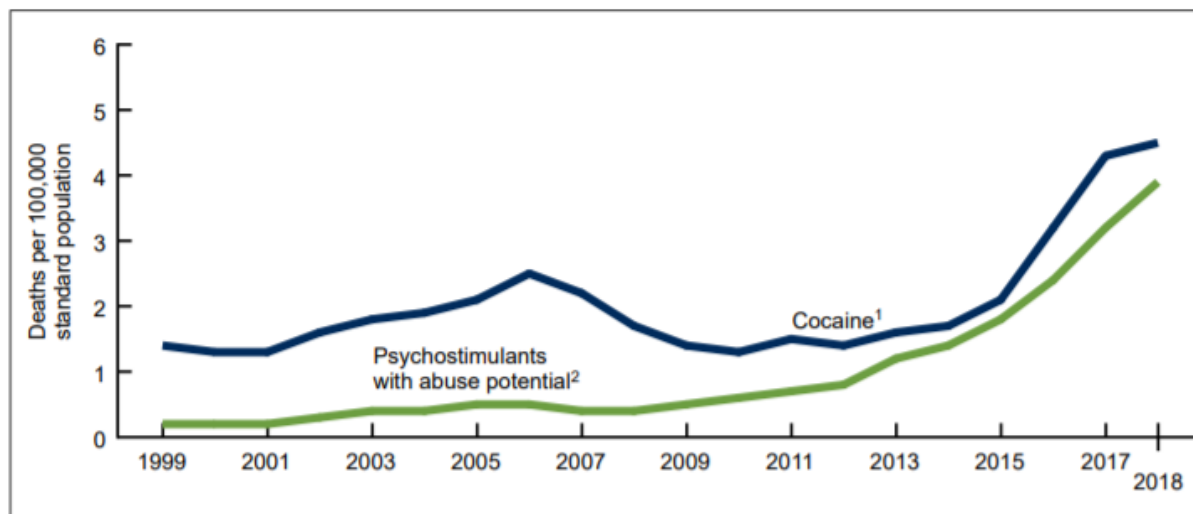


Figure 4. Age-adjusted drug overdose death rates involving stimulants, by type of stimulant: United States, 1999–2018

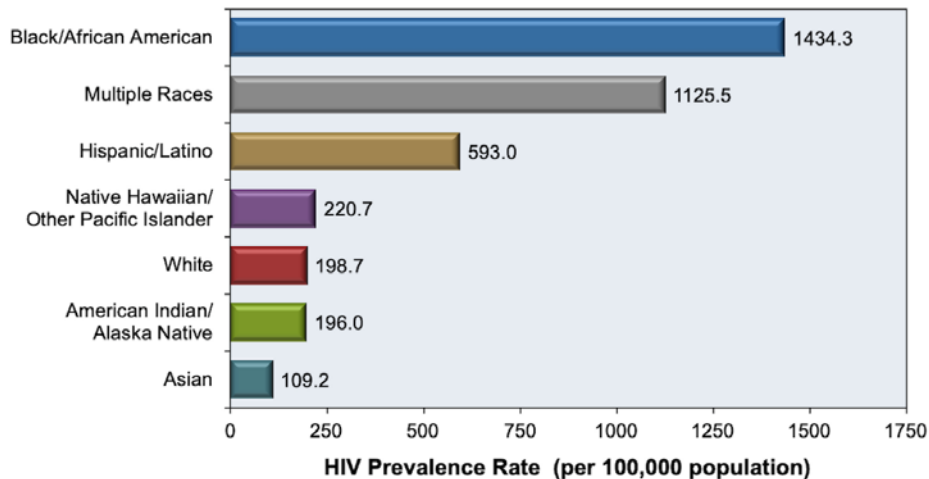


Pre-Pandemic: HIV and Injection Drug Use

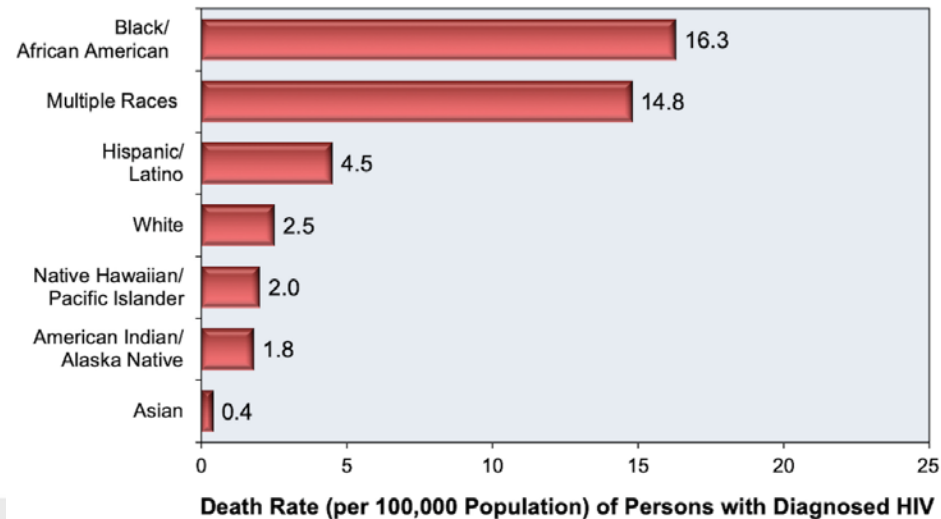
- HIV prevalence in U.S.: 0.3-0.4%
- 1 in 10 new HIV diagnoses are in people who inject drugs (PWID)¹
 - Increasing in nonurban areas
 - Higher among people living homeless, incarcerated (1.3%), uninsured

¹Centers for Disease Control and Prevention. <https://www.cdc.gov/hiv/group/hiv-idu.html>. Accessed 1/21/2021.

Substantial Racial Disparities in HIV Prevalence and Care

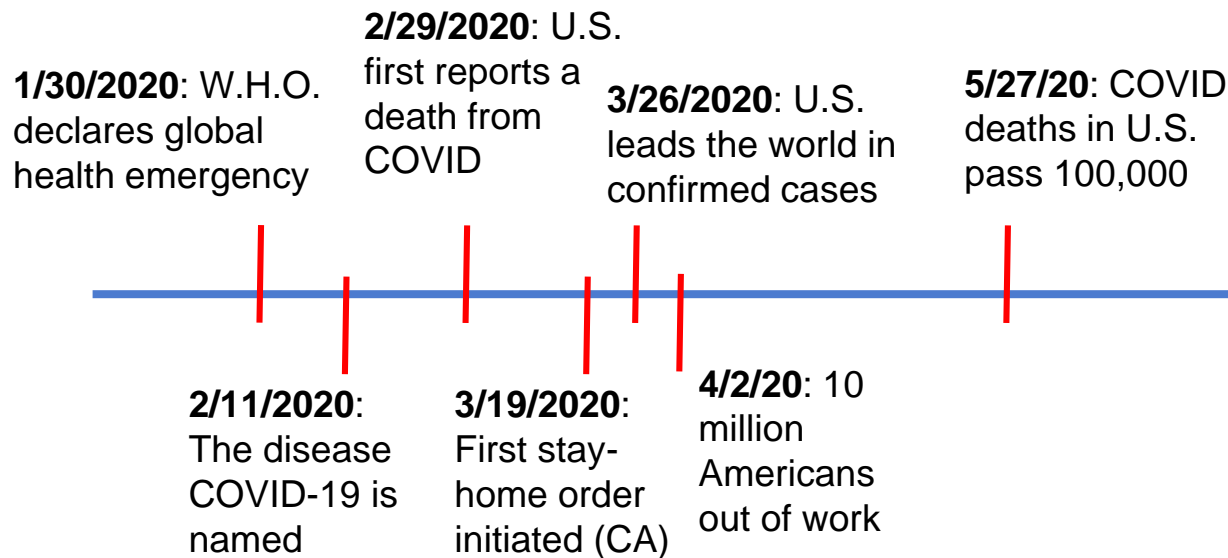


*Estimate for persons ≥13 years of age living with diagnosed or undiagnosed HIV infection



HIV and substance use during the COVID-19 pandemic

COVID-19 Quickly Becomes A Public Health Emergency



People with HIV: Is HIV a Risk Factor for Infection or Severe COVID-19?

- Mixed data on susceptibility of people with HIV to COVID-19 infection¹
 - Social determinants of health and comorbidities (including substance use) may play greater role than HIV itself
- Outcomes among people with HIV who contract COVID-19:
 - on effective HIV treatment = no e/o increased risk^{1,2,3}
 - low CD4 counts = unknown but possibly increased risk²
 - Comorbidities may play more of a role than HIV status itself

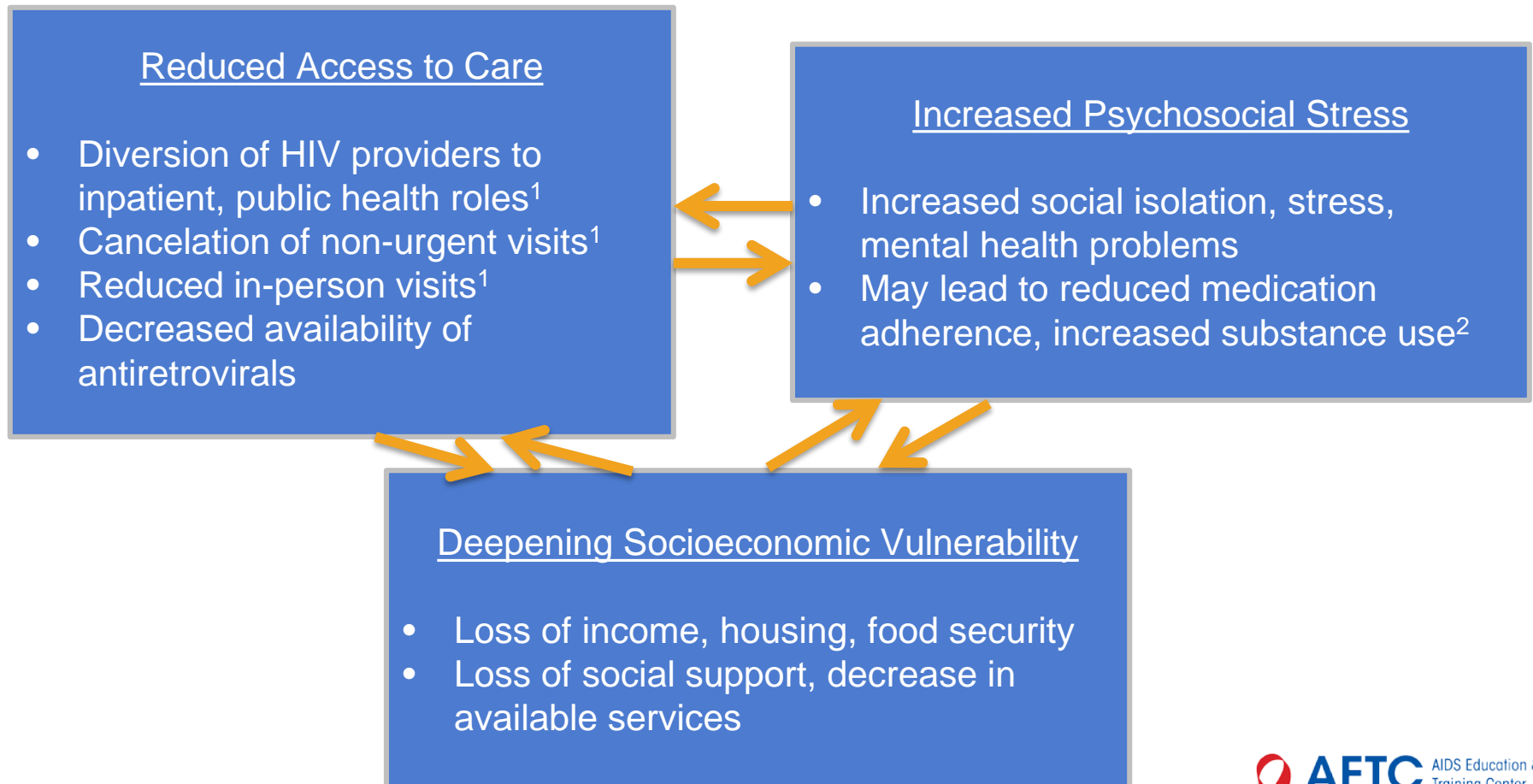
¹Brown et al, Curr Opin HIV AIDS. 2021 Jan;16(1):63-73; ²Cooper et al, HIV Medicine (2020), 21, 567-577; ³Karmen-Tuohy et al, J Acquir Immune Defic Syndr. 2020 Sep 1;85(1):6-10.

COVID-19 Susceptibility and Outcomes Among People Living With HIV in San Francisco

Darpun Sachdev, MD,^a Elise Mara, MPH,^b Ling Hsu, MPH,^b Susan Scheer, PhD, MPH,^b George Rutherford, MD,^c Wayne Enanoria, PhD, MPH,^c and Monica Gandhi, MD, MPH^d

- Public health data from March-September 2020, 4252 people with HIV and 272,555 people without HIV
- 4.5% COVID-positivity rate among people with HIV, compared to 3.5% rate among others
 - 44% of people with HIV had viral suppression at last check
 - 55% were stably housed
 - No difference in severe COVID-19 illness
 - Likely explained by differences in testing rates and social factors (homelessness, congregate living situations)

COVID-19 Impacts on People with HIV



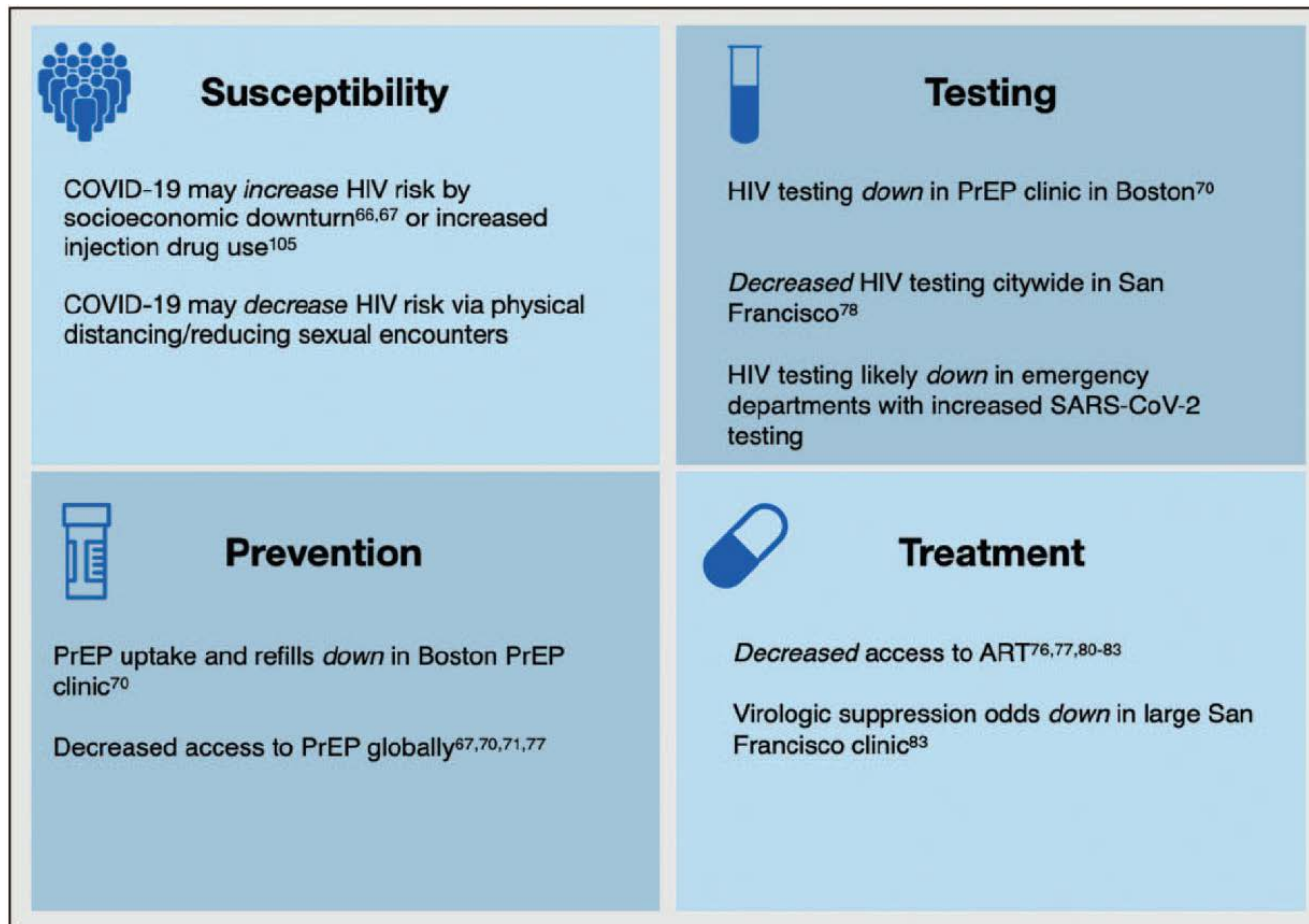
Viral suppression rates in a safety-net HIV clinic in San Francisco destabilized during COVID-19

Matthew A. Spinelli^a, Matthew D. Hickey^a,
David V. Glidden^b, Janet Q. Nguyen^a,
Jon J. Oskarsson^a, Diane Havlir^a and Monica Gandhi^b

- Setting: large urban safety-net HIV clinic that quickly transitioned to primarily virtual care
- Evaluated viral suppression and retention in care before and during pandemic
- No-show rates were equal, but viral nonsuppression was 31% higher during pandemic
- Homeless individuals had higher odds of nonsuppression post- vs pre-COVID



Broader Impacts of COVID-19 on HIV Care



¹Brown et al, Curr Opin HIV AIDS. 2021 Jan;16(1):63-73

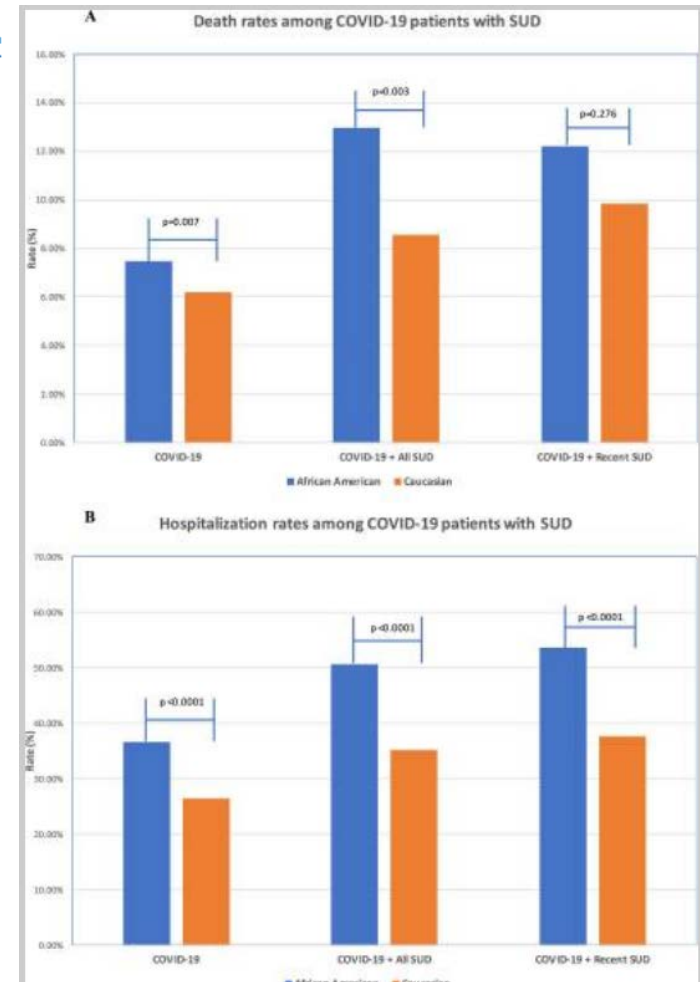
Are People Who Use Drugs More Vulnerable to COVID-19 Infection?

Likelihood of Infection	Consequences of Infection
<ul style="list-style-type: none">▪ Procuring and using substances may lead to decreased distancing, hygiene (obtaining drugs, leaving homes to smoke, hand-to-mouth actions)▪ People who use drugs are over-represented in congregant settings such as jails and prisons, opioid treatment programs, shelters, food banks	<ul style="list-style-type: none">▪ Prolonged substance use is associated with high prevalence of associated conditions (e.g. heart and lung disease, smoking)▪ Substance use can impair immune response▪ Decreased access and quality of care due to stigma, discrimination, competing basic needs, reduced access to technology, increased mental health burden

COVID-19 risk and outcomes in patients with substance use disorders: analyses from electronic health records in the United States

Quan Qiu Wang¹, David C Kaelber², Rong Xu³, Nora D Volkow⁴

- Retrospective case-control study of >73 million patients, of whom 12,030 had COVID-19
- People with substance use disorder were at >8x increased risk for COVID
- Those with COVID + substance use disorder more likely to be hospitalized (41.0% vs 30.1%) and to die (9.6% vs 6.6%)
- African Americans with COVID + substance use disorder more likely to die than Caucasians (13% vs 8.6%)



COVID-19: Multitude of Impacts on People Who Use Drugs

Disrupted Support and Care Systems

- Disrupted routines
- Loss of in-person social support
- Reduced access to medications for OUD, psychosocial addiction treatment, mental health care
- Early release from legal system could carry risk of harm if substance use treatment and social support not in place

Reduced Access to Harm Reduction

- Decreased availability of syringe exchange programs and associated services (HIV and HCV testing, fentanyl test strips, naloxone distribution, referrals to treatment)

Changes in Use Patterns

- More likely to use alone, a risk factor for overdose
- Disrupted drug supply-> impure drugs, more injection use, loss of tolerance



COVID-19: Multitude of Impacts on People Who Use Drugs

Increased Vulnerability to Stress

- Substance use disorder itself associated with increased vulnerability to stress
- Stress predicts recurrence of substance use in people with substance use disorder; those with recurrent use often use multiple substances simultaneously
- High rates concurrent mental illness
- Increased suicidal or parasuicidal risk taking?
- Fragile or absent social support
- Stigma and discrimination

Socioeconomic Instability

- Higher rates of food, housing, economic insecurity
- Increased unemployment associated with increased overdose death rate

Long-Term Impacts

- Slowing or stopping of substance use disorder research

COVID-19 and the drug supply chain: from production and trafficking to use

- Generalizable effects:
 - Drug shortages-> **increased injection drug use**, decreased purity of drugs
 - Economic downturn-> increased overall drug use, **increased injection drug use**, shift toward cheaper drugs
- Local effects on North American drug supply:
 - Reduced trade from Southeast Asia to Mexico: decreased availability of chemical precursors for methamphetamine and fentanyl
 - Shortages of heroin and cocaine



UNODC

United Nations Office on Drugs and Crime





The Impact of COVID-19 on Syringe Services Programs in the United States

Sara N. Glick¹ · Stephanie M. Prohaska² · Paul A. LaKosky² · Alexa M. Juarez¹ · Maria A. Corcoran¹ · Don C. Des Jarlais³



- Survey and interview data collected through a U.S. syringe exchange network March-April 2020
- 173 syringe service programs (SSPs)
 - 43% reported a decrease in available services, including medications for OUD
 - 25% reported closures of ≥ 1 sites
 - Most reported decrease in participants seeking services
 - Nearly all reported HIV and hepatitis C screening had declined or been eliminated

Telehealth is Not for Everyone

- Many lack access to telehealth
 - >20% people who use drugs lack cell phones or service
 - Public WiFi less available during COVID-19
- Mental health/behavioral challenges can complicate virtual care
- Older patients / those with longstanding relationships (e.g. NA, AA) may find it more difficult to adjust to loss of face-to-face support
- Homeless patients may do less well due to loss of in-clinic social support services

Overdose death during COVID-19

Evidence of Increasing Substance Use During COVID-19 Pandemic

- By June 2020, 13% of U.S. adults reported initiating or increasing substance use
- Younger adults, racial/ethnic minorities, essential workers, and unpaid caregivers were at higher risk



Reports of Increasing Overdose Began Early



What's behind the historic spike in drug overdose deaths under COVID-19

'Opioid overdoses are skyrocketing': as Covid-19 sweeps across US an old epidemic returns

The pandemic is creating the social conditions - no jobs, isolation, despair - that helped enable the opioid crisis to emerge in the first place. Now it's back

Health

'Cries for help': Drug overdoses are soaring during the coronavirus pandemic

Suspected overdoses nationally jumped 18 percent in March, 29 percent in April and 42 percent in May, data from ambulance teams, hospitals and police shows.



▲ Coronavirus looks to be undoing the advances made against a drug epidemic that has claimed close to 600,000 lives in the US over the past two decades. Photograph: Uncredited/AP



The Washington Post
Democracy Dies in Darkness



Washington Post Analyzes Overdose Detection Mapping Application Program (ODMAP) Data

Monthly overdoses grew dramatically during the pandemic

For every **10** suspected overdoses reported to ODMAP in **May 2019** ...



... **14** overdoses were reported in **May 2020**.



Overdoses increased up to 42% per month during the pandemic, as compared to the same months in 2019.



Note: Percent growth references the 1,201 agencies reporting to ODMAP by January 2019.

Source: ODMAP

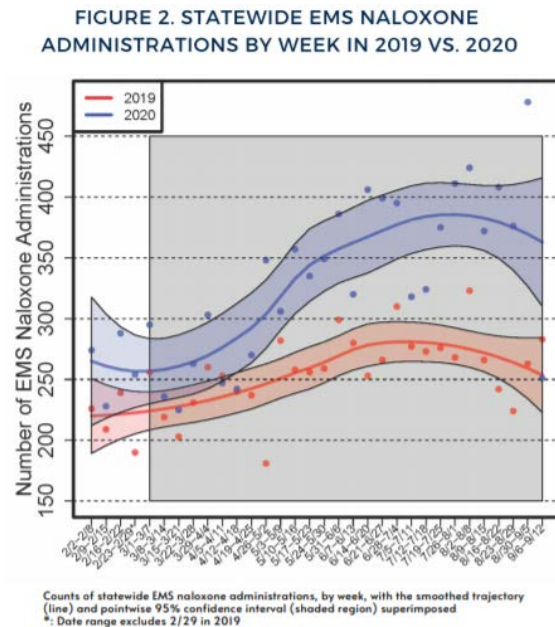
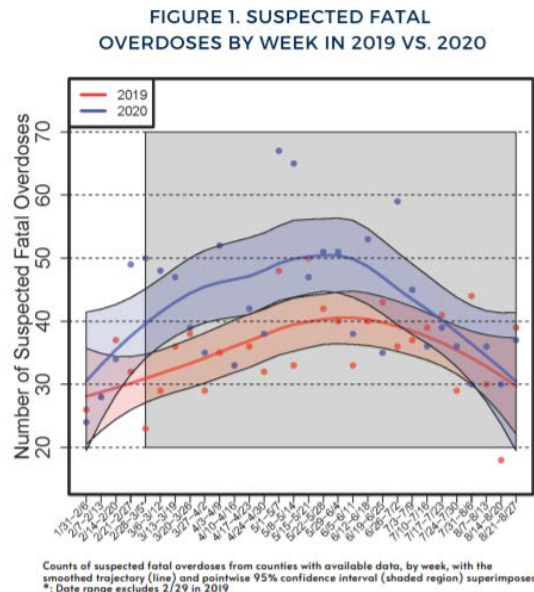
ALYSSA FOWERS/THE WASHINGTON POST



Washington Post: "Cries for help:" Drug overdoses are soaring during the coronavirus pandemic

Evidence Accumulates: Michigan's System for Opioid Overdose Surveillance (SOS)

- From March to mid-September, deaths from overdose were 15% higher than in 2019
- EMS naloxone administrations were 29% higher

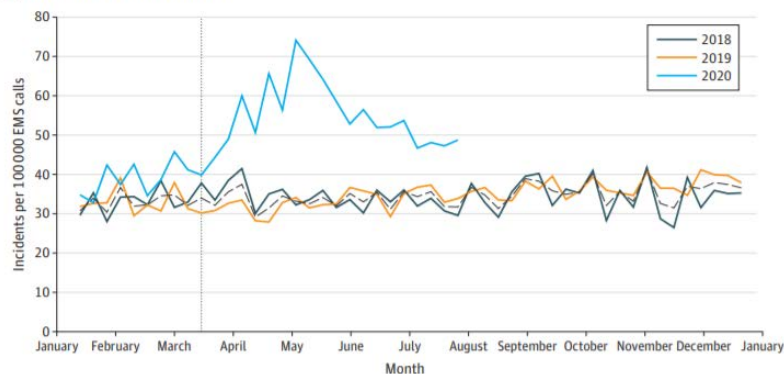


National EMS Information System (NEMESIS)

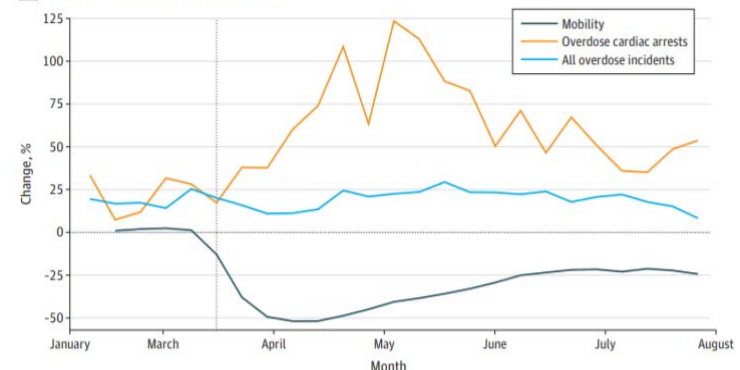
- Real time data from >10,000 EMS agencies in 47 states
- Surge in overdose-related cardiac arrests during initial months of COVID-19 pandemic, data through August 2020
 - Peak rates in May 2020 were more than double the baseline from 2018 and 2019; overall rates up ~50%
 - Corresponded temporally with drops in mobility

Figure. Changes in Emergency Medical Services (EMS)-Observed Overdose Incidents, Cardiac Arrests, and Mobility During the US Coronavirus Disease 2019 (COVID-19) Epidemic

A Overdose-related cardiac arrests



B Change in mobility and opioid-related incidents



Dec 2020: Provisional CDC Death Data Confirms Increase in Overdose Death



- CDC Health Advisory announces substantial increase in drug overdose deaths
- 81,230 deaths in year ending May 2020, highest ever recorded and an 18.2% increase from June 2019
- By January 2021, provisional data shows **83,335 deaths** in year ending June 2020, a **21.3% increase** over year prior

Fentanyl is Largely Driving Increase in Overdose

Based on data available for analysis on:

1/3/2021

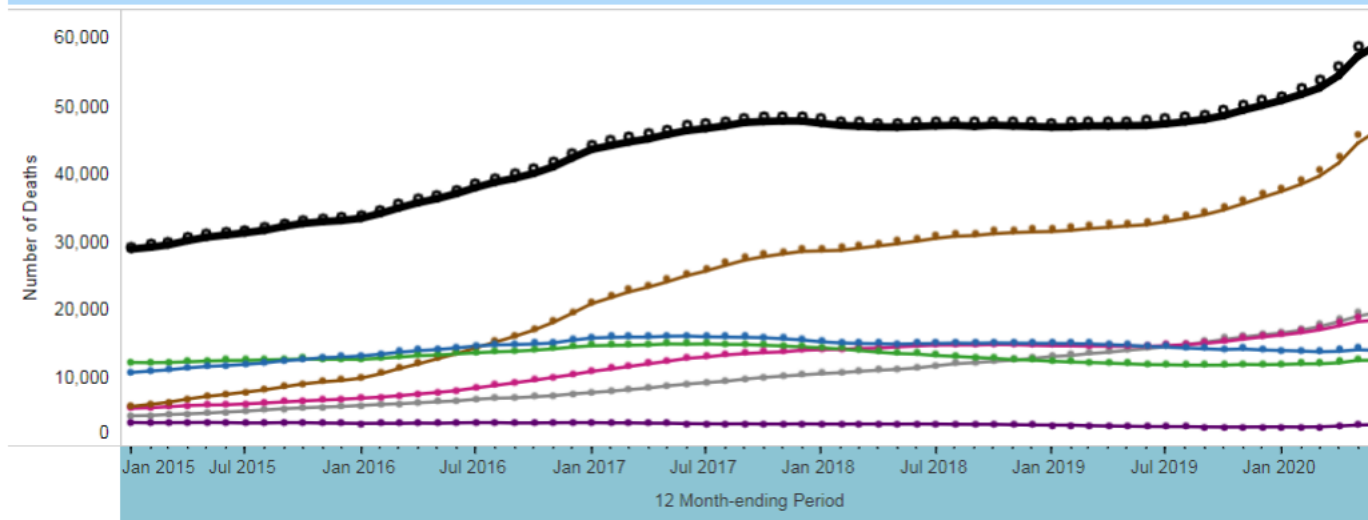
Select Jurisdiction

United States

Select specific drugs or drug classes

(Multiple values)

Figure 2. 12 Month-ending Provisional Number of Drug Overdose Deaths by Drug or Drug Class: United States



38% increase
(fentanyl, June
2019 to May 2020)

26.5% (cocaine)
35% (meth)

Legend for Drug or Drug Class

Opioids (T40.0-T40.4,T40.6)

Heroin (T40.1)

Natural & semi-synthetic opioids (T40.2)

Methadone (T40.3)

Synthetic opioids, excl. methadone (T40.4)

Cocaine (T40.5)

Psychostimulants with abuse potential (T43.6)

--- Reported Value

○ Predicted Value

Drug Overdose Dashboard: Centers for Disease Control and Prevention, National Center for Health Statistics



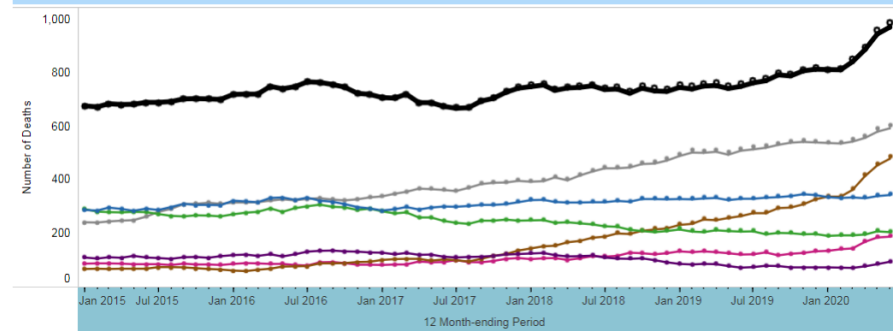
West Coast Is Experiencing Rapid Changes

- Methamphetamine is playing a particularly large role
- As is fentanyl: 10 Western states had 98% increase in fentanyl-related deaths

Drug Overdose Dashboard: Centers for Disease Control and Prevention, National Center for Health Statistics

Based on data available for analysis on: 1/3/2021
 Select Jurisdiction: Washington
 Select specific drugs or drug classes: (Multiple values)

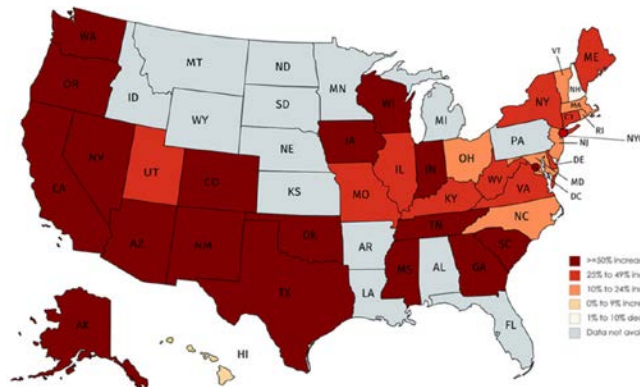
Figure 2. 12 Month-ending Provisional Number of Drug Overdose Deaths by Drug or Drug Class: Washington



Legend for Drug or Drug Class

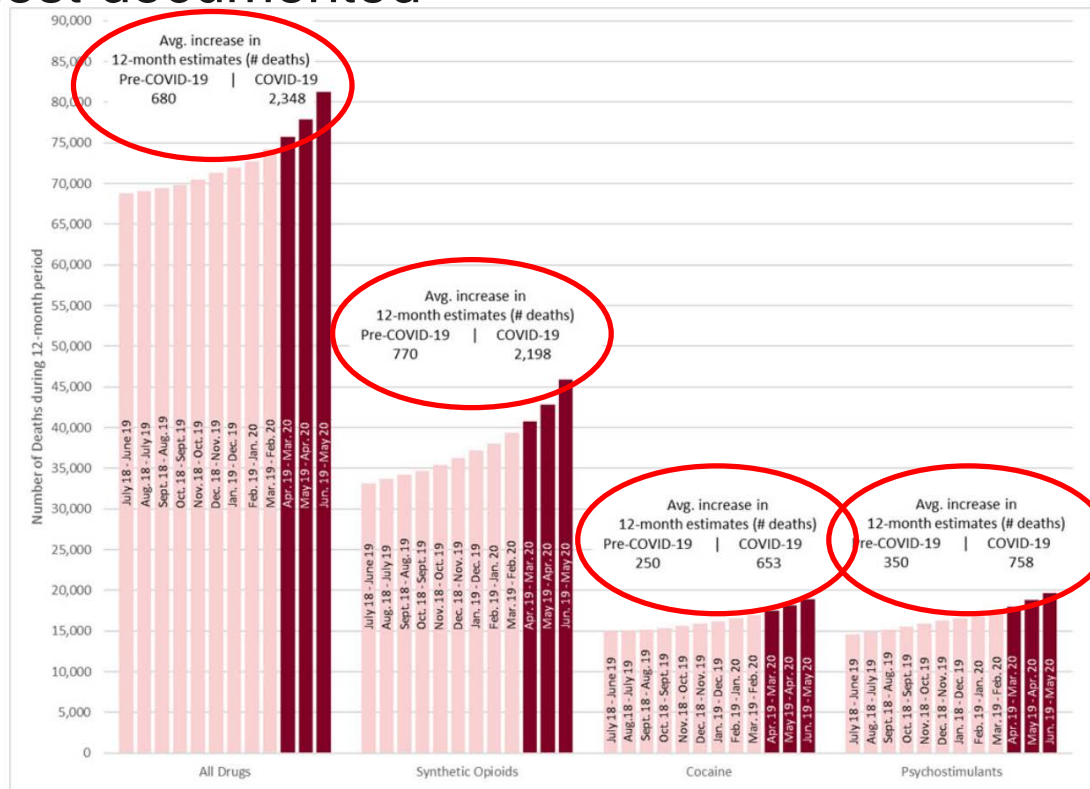


— Reported Value
 ○ Predicted Value



Increase in Overdose Deaths Accelerated March-May 2020, Corresponding to COVID-19

- Month-over-month increases from March-May are the largest documented



Reducing risk: recommendations for advocates and providers

Raise Awareness

Key Messages for Patients, Providers, Families, Advocates, Public

- | | |
|---|---|
| Risk of fatal overdose is increasing | <ul style="list-style-type: none"> • <i>Fentanyl</i> is mixed with heroin and counterfeit pills (e.g. opioids, BZD), less often with stimulants • <i>Methamphetamine</i> is playing an increasing role in overdose death • Co-use of opioids and stimulants increases risk |
| Naloxone is life-saving | <ul style="list-style-type: none"> • Bystanders should have and use it • Multiple doses may be needed for a single overdose • But it's not enough: call 911 immediately |
| Other | <ul style="list-style-type: none"> • Don't use alone (but wear masks and maintain distance) • Know what drugs are being used, use fentanyl test strips • Start low and go slow • Check in regularly on friends or family who use |

Increase Access

Potential Components of Substance Use Disorder Care During and Beyond COVID

Harm Reduction

- Expand locations in which overdose prevention education, fentanyl test strips and naloxone are offered
- Adjust services to meet pandemic needs (e.g. vending machines or lockboxes for syringes)

Treatment

- Expand access to methadone and buprenorphine for those with OUD
 - mobile vans, telemedicine, etc.
 - reduce administrative barriers, e.g. continue regulatory flexibility beyond the pandemic
 - make it easier to prescribe buprenorphine. e.g. by removing or modifying the “x-waiver”
- Provide stimulant use disorder treatment
- Expand access to mutual support groups
- **Bring addiction treatment into mainstream**



Improve Care for Vulnerable Groups

- | | |
|--|--|
| Prior overdose | <ul style="list-style-type: none">• Ensure post-overdose response and follow-up |
| Recently incarcerated, transitioning out of OUD care | <ul style="list-style-type: none">• Provide linkage to medications for OUD and other substance use disorder treatment• Prioritize naloxone distribution to people who use drugs following a period of abstinence |
| People living homeless, those with mental health disorders, racial minorities | <ul style="list-style-type: none">• Address basic needs such as food and housing• Ensure essential services remain accessible<ul style="list-style-type: none">• Including mental health care• including in-person options for those who need• Address racism, stigma |

Advocate for Policy Change

Data and surveillance

- Create federally-funded, automated data management systems to allow more timely analysis
- Focus research on racial disparities and health inequities

Harm reduction

- Declare syringe service programs essential services
- Issue emergency orders to facilitate distribution of syringes, naloxone

Treatment

- Increase SAMHSA funding to expand buprenorphine via telehealth and home delivery of methadone
- Increase mobile treatment services

Special considerations

- Ensure adequate PPE
- Ensure vaccine delivery to people who use drugs
- Establish COVID-19 shelters that accept people who use drugs
- Release and support people incarcerated for low-level offenses

**Saving Lives
From Overdose
During a
Pandemic**

December 2020

The Importance of Stigma

- Injection drug use is the most highly stigmatized condition worldwide
- Stigma affects access and quality of care, helps explain marginalization of addiction care²
- It also affects individual at brain level: stress, isolation, mental health, substance use itself²

¹Tsai et al. PLoS Med 16(11):e1002969; Volkow, NEJM 2020; 382:1289-1290

Education, Attitudes and Language Matter

- Health providers must be educated about addiction as a chronic, treatable disease¹
- Care must be compassionate, respectful: “unconditional positive regard”
- Emphasizing solutions reduces stigma²
- Language matters: use person-first, medically-accurate language
 - Person with substance use disorder
 - Medication for substance use disorder
 - Negative or positive urine toxicology test
 - Recurrence of use
 - In remission or in recovery

Conclusions

- People with HIV and people who use drugs during the COVID-19 pandemic are increasingly involved in a syndemic that also involves basic needs, racial inequities, and stigma
- COVID-19, fentanyl and methamphetamine are causing a perfect storm leading to accelerating overdose deaths
- There is an urgent need to expand access to harm reduction and treatment for substance use disorder and to bring substance use disorder care into the mainstream
- Efforts should prioritize the most vulnerable and should address existing disparities

Suicide

Statistics Around Suicide

- As time continues, we continue to see increases in suicide rates (from 1999 to 2017 increased 33%)²⁶
 - US rates continue to rise, but globally rates have actually gone down in the same time frame. *4 on new page*
- Since 2008, suicide has been the 10th leading cause of death in the United States^{10,26}
- We can look at specific categories and see it is higher for specific categories of people
- **For 2017, the national suicide rate was 14 per 100,000.**^{10,26}

Statistics Around Suicide

- Research has found that cisgender men are more likely to succeed at a suicide attempt^{2,13} And cisgender women are more likely to attempt^{2,13}
- Suicide attempts among trans men (46% said that they had attempted at least once) and trans women (42%) were slightly higher than the full sample of people in the National Transgender Discrimination Survey (2014).²⁹
- In this same survey, 51% of people who responded that they were people with HIV endorsed that they had attempted suicide at least once.^{29,60}

Sexual Orientation & Suicide

- In 2008, a review of the literature demonstrated that LGB youth (notice no TQI or A) were 1.5 to 2x more likely to endorse suicidal ideation than their non-LGB counterparts.¹³
- One study found that WSW were at higher risk for suicide attempts than MSM and the general population.¹³
- As one meta-analysis author aptly put, “ Regardless of sample type examined, sexual minorities has a higher lifetime prevalence of suicide attempts than heterosexual persons.”²⁹

Relevant Sources 13,20,29,30,40,51, & 57

Suicide & People with HIV

- In 2017, an article was published through AIDS Map about people with HIV take their lives at twice the rate of the general population, based on a research article that spoke about those findings.^{46,49}
- Another article published in 2017, found that, “all physical health conditions increased suicide risk...in addition, having multiple physical health conditions increased suicide risk substantially.”²
- In a 2010 editorial, the idea around despite antiretroviral medication, people with HIV have high rates of suicides (the article discusses the impact of stigma and stress.)^{18,16}
- There is some research to suggest that white men with HIV who inject drugs are at the highest risk for suicide.¹
- Three especially concerning risk factors include:
 - The first year after diagnosis ^{56,62}
 - People who are out of care ^{48,51,56,62}
 - Individuals who were perinatally infected³⁶

Suicide Statistics for People using Substances

- All substance use is associated with higher suicide risk.^{8,53}
- There is even research to suggest that cigarette smoking (specifically in people with HIV) increases risk of suicide.⁶
- People, specifically men, who inject drugs and are living with HIV are some of the highest risk for suicide.^{1,56}

What Impacts Suicidal Ideation?

Mental illness?

Hopelessness

Intense Emotional Distress

Perceived burdensome-ness

Thwarted belonging-ness

Acquired Ability

Relevant sources: 28,56,60, 62

March 26, 2021

What is the Role in COVID with Suicide?

Mental illness

Isolation

Hopelessness

Intense Emotional Distress

Perceived burdensome-ness

Thwarted belonging-ness

Fear of others

Grief & Loss

General sense of
unpredictability

Financial unpredictability

Unemployment

Access to means

Medical unpredictability

Political uncertainty

Loss of ability to engage in
coping skills

Relevant Sources: 4,5,12,17, 24, 35, 38, 42

Hypotheses around Suicide & COVID

- Researchers express high levels of concerns around the future and suicide rates, in regards to COVID
- Fears around a economic crisis and led to fears around a rise in suicides.
- Unknown long term impacts from COVID diagnosis
- Survivor's guilt.
- Sense of isolation
- Being a burden to family

Relevant sources: 4,11,12,15,25,27,34,42,48,54,59

March 26, 2021

Suicide & COVID

- We really don't know- there are a lot of opinions out there.
 - How suicide will change?
 - We can hypothesize from historical information
 - How social distancing and isolation are preventing a sense of belonging
 - or is it helping? we are all in this together (right?)
 - How are the current preventative inadequate to help us cope with the repercussions of the current situation? (political, social, economical, medical)

Relevant sources: 4,12,17, 22, 25,27,31,36,42,48,50,54,55

March 26, 2021

Suicide & COVID & HIV

How are people living with HIV at greater risk?

Medical uncertainty

Multiple comorbidities

Aging

Marginalized groups

Food insecurity

Housing insecurity

Financial uncertainty

How can we support, empower & care for people living with HIV?

Firstly, people living with HIV are amazingly resilient.

People with HIV that are long term survivors have experience and wisdom from a previous pandemic.

We can work to help people living with HIV practice skills that increase resiliency.

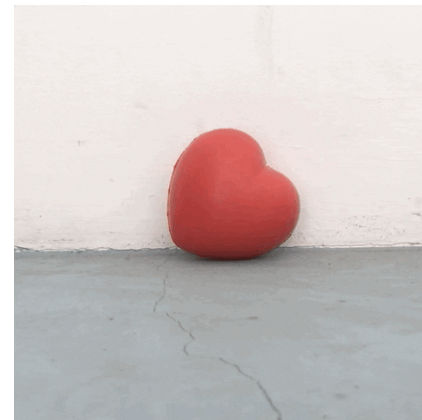
What is Resiliency?

Resiliency is a practice of engaging in specific behaviors that support mental wellness and coping with challenges.

Research demonstrates that individuals who develop resiliency are more likely to have higher functioning levels during periods of high stress.

The 5 pillars of Resiliency are:

- Self Awareness
- Mindfulness
- Self Care
- Positive Relationships
- Purpose



What is NOT Resiliency?

- Resiliency is not a quick fix (darn it!)
 - It is intentional and ongoing
- It is not a treatment modality
 - It is a strategy to help and support individuals to function better
- It is not easy
 - It isn't impossible either

Let's Get Practical

- How can you bring strategies to increase resiliency into your work?
 - Ask questions!
 - Active Listening
 - Identify strengths
 - Be the positive relationship!
 - Provide education
 - Connect with mental health supports

Self Awareness

The intentional act of becoming more aware of yourself.

- How do I want to be remembered?
- Why did I get out of bed this morning?
- Is what I'm upset about right now going to matter in 5 days, 5 months, 5 years?
- Mindful physical activities
- Sensory activities

Mindfulness

My definition of mindfulness is a combination of Jon Kabat Zinn and Marsha Linehan's.

To be present in the current moment without judgement.

- Sensory Exercises
- Feet & Socks
- Inter-finger space
- Intense exploration of an object
- Body Scan
- Progressive Muscle Relaxation

Self Care

The intentional act of taking care of yourself.

Asking the question:

What do I need right now to keep going?



Positive Relationships

Feeling that you have a support network that you can depend on, that others “have your back” can ensure you that feel comfortable moving forward.

Consider a relationship that you have in your life where you experience comfort and respect.

Sense of Purpose

- It is going to be inexorably tied up with your values.
- It might change over time (that is ok!)
- It is your reason to keep moving forward, to bounce back, to have hope.

Working with patients to find purpose can be a long process, it can also be discouraging, especially if they have lost hope.

Some strategies include:

- General exploration of what is meaningful to you.
- Value Sort
- Value Defining

Support for Clients/Patients/Anyone

- Sources of Strength NPR Article
 - <https://www.npr.org/sections/ed/2015/02/25/385418961/preventing-suicide-with-a-contagion-of-strength>
 - <https://sourcesofstrength.org/>
- NPR Zero Suicide
 - <https://www.npr.org/sections/health-shots/2015/11/02/452658644/what-happens-if-you-try-to-prevent-every-single-suicide>
- Depression commix
 - <https://indianexpress.com/article/lifestyle/life-style/world-suicide-prevention-day-these-online-comics-aptly-sum-up-depression/>
 - <https://depressioncomix.wordpress.com/tag/suicide/page/2/>
 - <https://whatsyourgrief.com/comics-about-grief/>

Online Support

- You feel like shit (self care game) – <http://youfeellikeshit.com/>
- Wysa app to support self care
- To Write Love on Her Arms – <https://twloha.com/>
- The Latest Kate
 - Katie Allan, author of books like “You Can Do All Things,” “ You Got this,” and more!
- Soul Pancake You Tube Video: The Science of Happiness
- Ted x MileHigh – <https://www.tedxmilehigh.com/>
- Bounce Back Project – <https://www.bouncebackproject.org/>
- The Trevor Project – <https://www.thetrevorproject.org/>
 - Use their blog
 - Trevor Space
- PostSecret – <https://postsecret.com/>
- TherapyTribe* – <https://www.therapytribe.com/>
 - I have not tried this myself but they offer “free peer support groups” for a variety of different topics including substance use, HIV, and depression

References

1. Althoff et al., (2017) Suicide Rates among adults living with HIV, 2000-2015; Poster Presentation
2. Ahmedani et al., (2017) Major Physical Conditions and Risk of Suicide. *American Journal of Preventative Medicine*. 53(3) 308-215
3. Bantjes, J., Kagee, A., & Saal, W. (2017) Suicidal behaviour among people seeking HIV testing in peri-urban areas of Cape Town, South Africa. *AIDS Care* 29(7) 919-927
4. Bastiampillai, T., et al. (2020) The COVID-19 pandemic and epidemiologic insights from recession-related suicide mortality. *Molecular Psychiatry* 25:3445-3447 <https://doi.org/10.1038/s41380-020-00875-4>; comment- not article
5. Boffa, J., et al. (2020) Rural Suicide Prevention in Response to COVID-19: Failing to Prepare is Preparing to Fail. *Journal of Rural Mental Health*. 44(3) 143-145 DOI:<http://dx.doi.org/10.1037/rmh0000146>; letter to editor- not article
6. Brandt, C. P., (2017) The Moderating Effect of Smoking Status on the Relation between Anxiety Sensitivity, Sexual Compulsivity, and Suicidality among people with HIV/AIDS. *International Journal of Behavioral Medicine* 24, 92-100
7. Brunstein Klomek, A., (2020) Suicide Prevention during the COVID-19 Outbreak. *The Lancet* 7, 390, comment-not article
8. Carmel, A., et al., (2016) Suicide Risk and associate demographic and clinical correlates among primary care patients with recent drug use. *The American Journal of Drug and Alcohol Abuse* 42(3) 351-357
9. Carrico, A., (2010) Elevated Suicide Rate Among HIV Positive Persons Despite Benefits of Antiretroviral Therapy: Implications for a Stress and Coping Model of Suicide. *American Journal of Psychiatry* 167(2) 117-120
10. Center for Disease Control (2020) Leading Cause of Death Report <https://webappa.cdc.gov/sasweb/ncipc/leadcause.html>
11. Chiappini, S., et al. (2020) COVID-19: The Hidden Impact on Mental Health and Drug Addiction *Frontiers in Psychology* 11 doi: 10.3389/fpsy.2020.00767 opinion piece - not article
12. Chu, C., et al (2017) The Interpersonal Theory of Suicide; A Systematic Review and Meta-Analysis of a Decade of Cross-National Research. *Psychological Bulletin* 143(12) 1313-1345 DOI: <http://dx.doi.org/10.1037/bul0000123>
13. Cochren, S., & Mays, V.M., (2015) Mortality Risks Among Persons Reporting Same-a Sexual Partners: Evidence from the 2008 General Social Survey. *American Journal of Public Health* 105(2) 358-364 \
14. Cramer, R.J., et al., (2015) Substance Related coping, HIV related factors, and mental health among HIV positive sexual minority community sample. *AIDS Care* 27(9) 1063-1068
15. Crasta, D., Daks, J., Rogge, R., (2020) Modeling suicide risk among parents during the COVID-19 pandemic. Psychological inflexibility exacerbates the impact of COVID-19 stressors on interpersonal risk factors for suicide. *Journal of Contextual Behavioral Science* 18, 117-127 DOI: <https://doi.org/10.1016/j.jcbs.2020.09.003>

References

16. Croxford, S., et al., (2016) Mortality and causes of death in people diagnosed with HIV in the era of highly active antiretroviral therapy compared with the general population: an analysis of a national observation cohort *Lancet Public Health* 2, e35-4
17. Devitt, P., (2020) Can we expect an increased suicide rate due to COVID-19? *Irish Journal of Psychological Medicine* 37, 264-268 DOI: 10.1017/ipm.2020.46
18. Esang, M., Ahmed, S., (2018) A closer look at Substance Use and Suicide *The American Journal of Psychiatry, Resident's Journal*
19. Ferrando, S., (2020) Psychiatric emergencies during the height of the COVID-19 pandemic in the suburban New York City area. *Journal of Psychiatric Research* DOI: <https://doi.org/10.1016/j.jpsychires.2020.10.029>
20. Ferlatte, O., Salway, T., Oliffe, J., Trussler, T., (2017) Stigma and suicide among gay and bisexual men living with HIV *AIDS Care* 29(11) 1346-1350
21. Fitzpatrick, K., Harris, C., Drawve, G., (2020) How bad is it? Suicidality in the middle of COVID-19 pandemic. *Suicide and Life-Threatening Behavior* 50, 1241-1249 DOI: 10.1111/sltb.12655
22. Flett, G., Heisel, M., (2020) Aging and Feeling Valued Versus Expendable During the COVID-19 Pandemic and Beyond: a Review and Commentary of Why Mattering is Fundamental to the Health and Well-Being of Older Adults *International Journal of Mental Health and Addiction* DOI: <https://doi.org/10.1007/s11469-020-00339-4>
23. Frankel, A. S., & Alban, A., (2010) Suicide: Risk Management Considerations *California Psychologist*
24. Gratz, K., et al., (2020) Thwarted belongingness and perceived burdensomeness explain the associations of COVID-19 social and economic consequences to suicide risk. *Suicide and Life-Threatening Behavior* 50, 1140-1148 DOI: 10.1111/sltb.12654
25. Greenbaum, Z. (2020) Sounding the Alarm on Black Youth Suicide *American Psychological Association*
26. Grunnell, D., et. al., (2020) Suicide risk and prevention during the COVID-19 pandemic. *The Lancet* 7 DOI: [https://doi.org/10.1016/S2215-0366\(20\)30171-1](https://doi.org/10.1016/S2215-0366(20)30171-1) comment- not article
27. Hedegaard, H., Curtin, S., Warner, M., (2018) Suicide Mortality in the United States 1999-2017 *National Center for Health Statistics* 330
28. Herman, J., Haas, A., Rodgers, P., (2014) Suicide Attempts among Transgender and Gender Non-Conforming Adults
29. Hottes, T., Ferlatte, O., Gesink, D., (2015) Suicide and HIV as leading causes of death among gay and bisexual men: a comparison of estimated mortality and published research *Critical Public Health* 25(5) 513-526
30. Hottes, T., et al., (2016) Lifetime Prevalence of Suicide Attempts Among Sexual Minority Adults by Study Sampling Strategies: A Systemic Review and Meta-Analysis *American Journal of Public Health* 106(5) e1-e12

References

31. Iob, E., Steptoe, A., Fancourt, D., (2020) Abuse, self-harm and suicidal ideation in the UK during the COVID-19 Pandemic *The British Journal of Psychiatry* 217, 543-546 DOI: 10.1192/bjp.2020.130
32. Kabat-Zim, J., (2018) *Mindfulness is Not What you Think*. New York: Hachette Books
33. Kaleta, K., Mróz, J., (2020) The Relationship between Basic Hope and Depression: Forgiveness as a Mediator. *Psychiatric Quarterly* 91, 877-886 DOI: <https://doi.org/10.1007/s11126-020-09759-w>
34. Kang, C. R., et al., (2016) Suicidal ideation and suicide attempts among HIV infected adults: differences in risk factors and their implications *AIDS Care* 206(3) 306-313
35. Kawohl, W., Nordt, C., (2020) COVID-19, unemployment, and suicide. *The Lancet* 7 389-390, comment-not article
36. Kreniske, P., et al., (2019) Sounding the Alarm: Perinatally HIV-Infected Youth More likely to attempt suicide than their uninfected cohort peers. *Journal of Adolescent Health* 65, 702-705
37. Lagger, N., Amering, M., Sibitz, I., Gmeiner, A., Schrank, B., (2018) Stability and mutual prospective relationships of stereotyped beliefs about mental illness, hope and depressive symptoms among people with schizophrenia spectrum disorders. *Psychiatry Research* 268, 484-489, DOI: <https://doi.org/10.1016/j.psychres.2018.08.010>
38. Lennon, J., (2020) What Lies Ahead: Elevated Concerns for the Ongoing Suicide Pandemic *Psychological Trauma: Theory, Research, Practice, and Policy* 12 (S1) S118-S119 DOI: <http://dx.doi.org/10.1037/tra0000741>
39. Liu, Y., et al, (2017) Suicidal behaviors among newly diagnosed people living with HIV in Changsha, China *AIDS Care* 29(11) 1359-1363
40. Luo, Z., Feng, T., Fu, H., & Yang, T., (2017) Lifetime prevalence of suicidal ideation among men who have sex with men: a meta analysis *BMC Psychiatry* 17:406
41. Mandell, L., et al., (2019) Suicidal Ideation among Adults Re-Engaging in HIV Care in Argentina *AIDS and Behavior*
42. McIntyre, R., Lee, Y., (2020) Projected increases in suicide in Canada as a consequence of COVID-19. *Psychiatry Research* 290 DOI: <https://doi.org/10.1016/j.psychres.2020.113104>
43. Murata, S., et al., (2020) The psychiatric sequelae of the COVID-19 pandemic in adolescents, adults, and health care workers. *Depression and Anxiety* 1-14 DOI: 10.1002/da.23120
44. National Center for HIV/AIDs, Viral Hepatitis, STD, and TB Prevention (2018) *Youth Risk Behavior Survey: Data Summary and Trends Report 2007-2017*
45. Palmiter, D., et al. (2012) *Building your Resilience*. American Psychological Association <https://www.apa.org/topics/resilience>

References

46. Peabody, R., (2017) Suicide accounts for 2% of deaths in people with HIV, twice the rate of the general population. AIDS.com
47. Pruitt, L., McIntosh, L., & Reger, G., (2020) Suicide Safety Planning During a Pandemic: The Implications of COVID-19 on Coping with a Crisis Suicide and Life-Threatening Behavior 50(3) DOI: 10.1111/sltb.12641
48. Quinlivan, E.B., et al., (2017) Suicidal Ideation is Associated with Limited Engagement in HIV Care AIDS and Behavior 1699-1708
49. Ruffieux, Y., et. al., (2019) Mortality from suicide among people living with HIV and the general Swiss population: 1988-2017 Journal of International AIDS Society 22
50. Ruiz, M., & Gibson, C., (2020) Emotional Impact of the COVID-19 Pandemic on U.S Health Care Workers: A Gathering Storm Psychological Trauma: Theory, Research, Practice and Policy 12(S1) S153-S155 DOI: <http://dx.doi.org/10.1037/tra0000851>
51. Salway, T., (2018) Healthcare Engagement Among Gay and Bisexual Men with Recent Suicidal Ideation or Attempts American Journal of Orthopsychiatry 88(6) 713-722
52. SAMSHA (2016) Substance Use and Suicide: A Nexus Requiring a Public Health Approach
53. Schlebusch, L., & Govender, G. (2015) Elevated Risk of Suicidal Ideation in HIV-Positive Persons Depression Research and Treatment
54. Sher, L., (2020) COVID-19, anxiety, sleep disturbances and suicide. Sleep Medicine 70, 124, Letter to the Editor- not article
55. Sher, L., (2020) Are COVID-19 survivors at increased risk for suicide? Acta Neuropsychiatrica DOI: 10.1017/neu.2020.21, Letter to the editor- not article
56. Shim, E., et al., (2019) Suicide Risk in Persons with HIV/AIDS in South Korea : A partial test of the Interpersonal Theory of Suicide International Journal of Behavioral Medicine 26: 38-49
57. Singh, K., et al., (2019) Association of History of Injection Drug Use with External Cause-Related Mortality Among Persons Linked to HIV Care in an Urban Clinic, 2001-2015 AIDS and Behavior
58. Suicide Prevention Resource Center (2008) Suicide Risk and Prevention for Lesbian, Gay, Bisexual and Transgender Youth. Newton, MA: Education Development Center, Inc.
59. Van Orden, K., et. al., (2020) Strategies to Promote Social Connections Among Older Adults during “Social Distancing” Restrictions American Journal of Geriatric Psychiatry Special Edition DOI: <https://doi.org/10.1016/j.jagp.2020.05.004>
60. Vinck, J., (2020) Suicide, Addiction, and Depression, It's Complicated Powerpoint Slideshow Sierra Tuscon Webinar

References

61. Wilton, L., et al., (2018) Characteristics and Correlates of Lifetime Suicidal Thoughts and Attempts Among Young Black Men Who Have Sex With Men (MSM) and Transgender Women Journal of Black Psychology 44(3) 273-290
62. Wohl, D. (2019) The Tangled Knot of Suicide Rates Among People Living with HIV TheBodyPro.com HIV and Mental Health
63. Zarei, N., & Joulaei, H. (2018) The Impact of Perceived Stigma, Quality of Life, and Spiritual Beliefs on Suicidal Ideations among HIV-Positive Patients AIDS Research and Treatment
64. Zortea, T., (2020) The Impact of Infectious Disease-Related Public Health Emergencies on Suicide, Suicidal Behavior, and Suicidal Thoughts: A Systematic Review Crisis: The Journal of Crisis Intervention and Suicide Prevention. DOI: <http://dx.doi.org/10.1027/0227-5910/a000753>

Speaker Contact Information

Jocelyn James, MD

jorose@uw.edu

Erin M. Miers, PsyD

Erin.M.Miers@hitchcock.org

<https://aidsetc.org/resource/hiv-sars-cov-2-webinar-series>