Mental Health Awareness & Trespass Prevention Strategies
- Metra System Overview
- Operational Challenges of Trespasser Prevention
- Public Education and Outreach
- Near Miss Program
- QPR Mental Health Awareness Training
- Mental Health Awareness Symposium & Signs
- Operational Challenges & Caring for our Crews
- Volpe Partnership - Google and Twitter Analytics
Metra System Overview

- 83 million passenger trips in 2016
- 290,000 average weekday ridership
- 11 rail lines
- 487 route miles
- Nearly 700 weekday trains
- 241 train stations
- 24 rail yards
- 12 fuel facilities
- 571 grade crossings
- 823 bridges
- 149 locomotives
- 845 diesel railcars (coaches)
- 186 electric railcars (coaches)
- 90,779 parking spaces
Operational Challenges of Trespasser Prevention

- **Trespasser Prevention**
  - Open System
  - Large system (about the size of the State of Connecticut)
  - People use railroad property as a shortcut, taking pictures etc.
  - Limited number of police officers to patrol the system
  - Trains travel at 79mph max speed
  - It takes a train up to a mile to stop
  - Metra interfaces with freight, Amtrak trains
Public Outreach/Education

**Operation Lifesaver**
- Schools, Pre-K - 12
- High School Drivers’ Education
- Community Events & Fairs
- Professional Drivers (Truck Drivers)
- School Bus Drivers
- Metra’s Station Safety Blitz Prgm. (50+ Stations a year)

**Railroad Safety Week**
September 23-29, 2018
Near Miss Reports

Trespasser Notifications

- Engineers/Conductors
- Metra Police
- Local Police
- The Public
QPR Mental Health Awareness Training

Situational Clues
- Gender (especially male)
- Time of year (between Thanksgiving & the New Year)
- Time of day (morning and evening rush hour)
- Location (official vs. unofficial crossing points)
- Previous suicides (especially by train - Copycats)
- Calls from municipalities (e.g. police)
- Other passengers' reports/complaints

Indirect Verbal Clues
- "I'm tired of life, I just can't go on."
- "My family would be better off without me."
- "Who cares if I'm dead anyway."
- "I just want out."
- "I won't be around much longer."
- "Pretty soon you won't have to worry about me."

Direct Verbal Clues
- "I've decided to kill myself."
- "I wish I were dead."
- "I'm going to commit suicide."
- "I'm going to end it all."
- "If (such and such) doesn't happen, I'll kill myself."
- "I hate my life, I don't want to live anymore."

QPR - Question, Persuade, Refer
Ask a Question, Save a Life - You Plant the Seeds of hope... Hope Helps prevent suicide.

Suicide Clues and Warning Signs:

Behavioral Clues:
- Nervous/anxious appearance
- Agitated or Angry
- Pacing or waiting near the right-of-way
- Waiting on a platform, but never boarding
- Sitting in a parked car
- Dressed in dark clothing
- Lack of belongings (backpacks, bags, purse, etc.)
- Standing on the edge of the platform on the yellow tactile
- Same person exhibiting unusual behavior for multiple days
- For regular passengers: appearance/demeanor suddenly changes (e.g. yelling, crying, unshaven etc.)
Mental Health Awareness Symposium

Metra Mental Health Awareness Symposium for the Reduction of Suicides and Trespassing Incidents along Railroad Right-of-Ways

BREAKING THE SILENCE

A MENTAL HEALTH AWARENESS & SUICIDE PREVENTION SYMPOSIUM FOR THE REDUCTION OF SUICIDES ALONG RAILROAD RIGHT-OF-WAYS

A PARTNERSHIP BETWEEN THE RAIL INDUSTRY AND MENTAL HEALTH COMMUNITY
If You Need To Talk. We’re Here To Listen.

LET US HELP
CALL 1-800-273-TALK (8255)
OR
TEXT I GOT U TO 741741

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK

RIVER GROVE
EST. 1866

CRISIS TEXT LINE

Metra
Operational Challenges & Caring for the Crew

When A Fatality Occurs

- Love ones grieve the loss
- The Engineer and Conductor are emotionally affected
- Conductor has to identify the remains and assist EMS
- Brakeman is responsible to ensure passengers are kept updated regarding the delays
- Passengers can be emotionally affected as well
- Passengers encounter long delays
- Trains begin stacking during rush hour
- Passengers are inconvenienced and become irritable because they are late picking up children from daycare etc.
- Downtown Stations become overcrowded and pose additional safety concerns
Proportion of searches for [metra suicide] in the Chicagoland DMA

Week of Apr 7, 2013
Week of May 19, 2013
Week of Aug 17, 2014
Week of Jul 24 & 31, 2016
Week of Nov 6, 2016
Week of Apr 9, 2017
Week of Jul 16, 2017
August 2014: Robin Williams death by suicide

August 2017: Logic performs his song, 1-800-273-8255 at VMA awards

April 2017: Logic releases 1-800-273-8255 song
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