

Mental Health Matters

September 2020



September Is Suicide Prevention Awareness Month

Back to School: Preventing Suicide—It can be hard to know how to deal with all the things life throws at us. For some, sometimes death seems like the only option. More young people survive suicide attempts than die, but even one death is too many. It's important to know that there is help and there is hope. If you think someone you know is considering suicide, look for these warning signs:

Risk Factors

Prior suicide attempt(s)

Misuse and abuse of alcohol or other drugs

Mental disorders, particularly depression and other mood disorders

Access to lethal means

Knowing someone who died by suicide, particularly a family member

Social isolation

Chronic disease and disability

Lack of access to behavioral health care

Found at <https://www.sprc.org/about-suicide/risk-protective-factors>

Warning Signs

Threats of suicide—either direct or indirect

Verbal hints such as “I won’t be around much longer” or “It’s hopeless”

Obsession with death

Depression

Overwhelming sense of guilt, shame or rejection

Putting affairs in order (giving or throwing away favorite possessions)

Sudden cheerfulness after a period of depression

Dramatic change in personality or appearance

Becoming angered easily

Bizarre thoughts

Changes in eating or sleeping patterns

Changes in school performance

Lack of interest in future plans

(Retrieved from: <https://www.mhanational.org/back-school-preventing-suicide>; Content adapted from Red Flags “Suicide: A Permanent Solution to a Temporary Problem,” and “How to Help.”)

SUICIDE IS THE

#2

CAUSE OF DEATH AMONG
YOUNG PEOPLE AGES 10-24.¹

BOYS

ARE MORE LIKELY TO DIE
FROM SUICIDE, WHILE

GIRLS

ARE MORE LIKELY TO REPORT
ATTEMPTING SUICIDE.²

17%

OF STUDENTS SERIOUSLY
CONSIDERED ATTEMPTING
SUICIDE IN THE LAST YEAR.³



Local and National Resources and Support

Santa Paula Unified School District

Jason Claros, ACSW:

805.586.5116

JClaros@santapaulaunified.org

Rachael Forbes, LMFT:

805.760.6782

RForbes@santapaulaunified.org

911 For Immediate Support

Ventura County Crisis Team (866) 998-2243 –(24 hours)

Suicide Prevention Lines (24 Hours)

- ⇒ National Suicide Prevention Lifeline (800) 273-TALK or (800) 273-8255
- ⇒ Suicide Prevention Crisis Line (877) 727-4747
- ⇒ National Hopeline Network (800) SUICIDE or (800) 784-2433
- ⇒ California Youth Crisis Line (800) 843- 5200 –24 hours, bilingual
- ⇒ TEEN LINE (310) 855-4673 or text TEEN to 839863 – a teen-to-teen hotline with community outreach services, from 6pm-10pm PST daily. Text, email, and message board also available, with limited hours—visit <http://teenlineonline.org> for more information.
- ⇒ **The Trevor Project** (866) 488-7386 – a 24-hour crisis line that provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. Text and chat also available, with limited hours—visit www.thetrevorproject.org for more information.



What Can You Do?

If you think someone you know is at immediate risk of suicide, you need to

ACT

A IS FOR ASK:

ASK YOUR FRIEND IF THEY ARE CONSIDERING SUICIDE OR IF THEY HAVE A PLAN TO END THEIR LIFE. IT'S OKAY TO BE DIRECT, JUST TRY TO BE NON-JUDGEMENTAL AND SHOW YOU CARE.

C IS FOR CARE:

IF YOU THINK SOMEONE IS IN IMMEDIATE DANGER, STAY WITH THEM AND OFFER TO GO WITH THEM TO FIND HELP. EVEN IF IT DOESN'T MAKE SENSE TO YOU, TRY YOUR BEST TO SYMPATHIZE AND OFFER SUPPORT. TRY NOT TO LEAVE SOMEONE WITH SUICIDAL THOUGHTS ALONE.

T IS FOR TELL:

TELL A TRUSTED ADULT WHAT'S GOING ON. YOUR FRIEND MIGHT ASK YOU NOT TO TELL ANYONE, BUT YOU SHOULD NEVER KEEP TALK OF SUICIDE A SECRET. IT IS WORTH BREAKING TRUST TO SAVE A LIFE. YOU SHOULD NEVER TRY TO HANDLE THE SITUATION BY YOURSELF. THE MOST HELPFUL THING YOU CAN DO IS GUIDE YOUR FRIEND TO SOMEONE WITH TRAINING.