





# Suicide Prevention

## MENTAL HEALTH AWARENESS

NOTICE : if you become uncomfortable at any time during the presentation please know that it's okay to step outside to take a break, report to the office, or touch base with a trusted adult. This information is serious and we understand it may be difficult for some students.

Reference for this presentation: CDC <https://www.cdc.gov/violenceprevention/suicide/index.html>

# The “S” word: Suicide

- ❖ Injuring oneself with the purpose to die
- ❖ A serious public health problem that can have lasting harmful effects on
  - ▶ individuals, families, & communities
- ❖ IT IS PREVENTABLE!
- ❖ Having suicidal thoughts doesn't explain all of someone.



# Statistics

- ❖ 1 in 5 youth are identified as struggling psychologically
- ❖ A recent study linked effects of the pandemic to a 91% increase in adolescent mental health crises
- ❖ Someone attempts suicide every minute in the United States
- ❖ Youth who *may* be at a greater risk due to life circumstances:
  - ❖ Underserved/unsupported groups
  - ❖ Youth in contact with the juvenile justice system
  - ❖ Youth involved with the foster care system
  - ❖ Trauma (war, abuse, natural disaster, victimization)
- ❖ Attempt rate increasing for 10-14 year olds
- ❖



# Know the signs & reach out for help





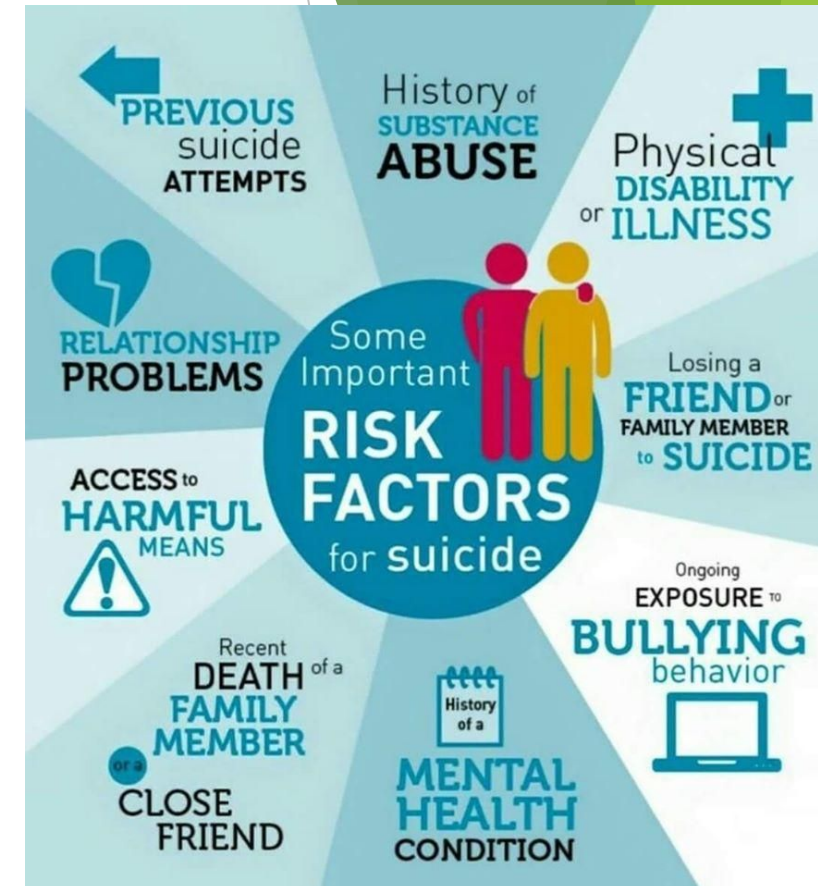
# Warning Signs

- Identifying Red Flags
  - Making comments about suicide, self-harm, or death
  - Noticeable changes in behavior, talk, or mood
  - Having a difficult time concentrating in class
  - Changes in body ( weight gain or weight loss)
  - Increase in irritability and/or agitation
  - Self medicate with alcohol/ drug abuse
  - Evidence of self harm
  - Isolation from friends or preferred activities
  - Recent lack of grooming
  - Peers reporting concern for their friends
  - Problematic sleeping patterns (too much, too little)



# Risk Factors

- ❖ Family history of suicide and/or child abuse/neglect
- ❖ History of mental health disorders, particularly clinical depression
- ❖ Feelings of hopelessness
- ❖ Barriers to accessing mental health treatment
- ❖ Loss (relational, social, financial)
- ❖ Severe physical illness
- ❖ Unwillingness to seek help because of the stigma



# Protective Factors

- ▶ Foster Protective Factors: personal or environmental characteristics that help protect people from suicide.
  - ▶ Access to interventions & support
  - ▶ Connectedness to individuals, family, community, sports, clubs, extra-curricular activities, and social institutions
  - ▶ Life skills (including problem solving skills and coping skills, ability to adapt to change)
  - ▶ Self-esteem, a sense of purpose, or meaning in life
  - ▶ Cultural, religious, or personal beliefs that discourage death by suicide





# Reach out for help

- **40-68% of students tell a friend they are having thoughts of suicide before telling anyone else**

→ This is one of those topics that should NOT be kept a secret. If a friend tells you they are having thoughts of suicide or you are worried about them hurting themselves, telling an adult is the necessary and right thing to do. The fact they are telling you IS their way of reaching out for help!



- Of the 217,646 calls made to the National Suicide Prevention Lifeline in the previous year, more than 90% of those calls were answered locally by crisis centers in California<sup>4</sup> .
- 90% of people who attempt suicide and survive never go on to die by suicide.

# Don't delay.....tell someone right away

- ▶ Tell a trusted adult (parent, school counselor, teacher, administration)
- ▶ YOU MATTER!
- ▶ Help is one call, click, or conversation away
- ▶ Your friends & family love you



**SPEAK UP  
BE HEARD  
YOU MATTER!**

# Access to MJHS Counseling

[Click here for Counseling Request Form](#)

[Click here for MJHS Counseling page](#) featuring:

- ▶ Virtual offices
- ▶ “Meet the counselor”
- ▶ Links to student wellness resources

[Click here for Cameron’s Collection](#) (access books, excerpts or chapters easily online)

# Reach out for help: Resources

**National Suicide prevention lifeline** <https://suicidepreventionlifeline.org/help-yourself/youth/>

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

**Trevor Project** <https://www.thetrevorproject.org/>

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth

**You Matter** <https://youmatter.suicidepreventionlifeline.org/about-you-matter-2/>

You Matter is a safe space for youth to discuss and share stories about mental health and wellness, created and administered by the **National Suicide Prevention Lifeline**. You Matter blog posts are written by a rotating Blogger Council of individuals between the ages of 13-24 that are passionate about suicide prevention and mental health.

**Love is respect** <https://www.loveisrespect.org/>

Loveisrespect is the ultimate resource to empower youth to prevent and end dating abuse. It is a project of the National Domestic Violence Hotline.

**Butte county Behavioral Health** <https://www.buttecounty.net/behavioralhealth/youth-services>

**Chico Community Counseling Center:** 109 Parmac Rd, Ste 1, Chico CA 530-891-2945

**Stonewall Alliance Center in Chico** <https://www.stonewallchico.com/>

**Stop Bullying** <https://www.stopbullying.gov/kids/what-you-can-do/index.html>





## Wellness Resource Links

<https://kidshelpline.com.au/teens>

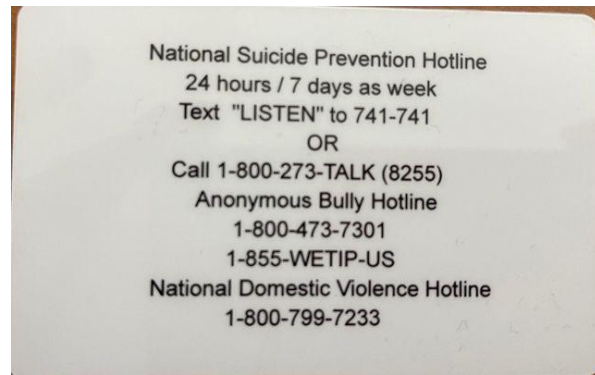


### Butte County Crisis Phone Numbers

M-F 8am-5pm **(530) 891-2810**

24 Hour Crisis Line **1(800) 334-6622**

Crisis Text Line - **Text LISTEN to 741741**



Back of the Student ID Card

If you or someone you know is in crisis, please contact the

## 988 Suicide and Crisis Lifeline

- Call or text 988
- Chat at [988lifeline.org](https://988lifeline.org)



[National Suicide Prevention](https://www.nationalsuicidepreventionhelpline.com/)

**988**



24 Hour TrevorLifeline

**1-866-488-7386**

[www.thetrevorproject.org](https://www.thetrevorproject.org)

# You Deserve Happiness



# AB2246 Youth Suicide Prevention Policy

- ❖ CA Education Code 215 mandates that schools serving 7<sup>th</sup>-12<sup>th</sup> grade adopt a policy on suicide prevention, intervention and postvention.



# Why was this Legislation Enacted?

- As of 2013 Suicide is the 2<sup>nd</sup> leading cause of death for 10-24 year olds.
- Children and teens spend a significant amount of time at school, placing the personnel who interact with them on a daily basis in the prime position to recognize the warning signs and make the appropriate referrals.