


SUICIDE PREVENTION MONTH

SEPTEMBER

- 
- MYTH: If someone is suicidal no one can stop them
 - FACT: With the proper help, someone is less likely to attempt suicide

YOUR MENTAL WELL-BEING MATTERS!!!



Suicidal Ideation: Thinking of ending one's life

Suicide attempt: Non fatal suicide behavior

Suicide: Successful attempt at ending one's life

RISK FACTORS

Past Suicide Attempt

Stressful life event Mental Health Illness

A sense of failure

Feelings of isolation

Bullying

Lack of Support System



1 in 7 youth have seriously considered suicide or have made a suicide plan



TIPS TO SUPPORT SOMEONE THINKING ABOUT SUICIDE:

Do not ignore what you notice Listen and give support, assess further if person is suicidal Communicate that they matter Be prepared to create a safety plan or coping plan Notice your own reactions: Remain Calm Notify person's support system or call CAT Team to further support person.

WARNING SIGNS

- Talking or writing about suicide - Doing risky/self-destructive things - Giving away belongings with no clear reason - Changes in sleep - Becoming less social and wanting to be alone/ sudden mood changes - Loss of interest



Suicide is the third leading cause of death in youth ages 15-24

REACH OUT FOR HELP YOU ARE NOT ALONE!!!

Suicide/ Crisis Line

988

CA Youth Crisis Line

800-843-5200

Your Life, Your Voice

800-448-3000

Centralized Assessment Team

714-517-6353

