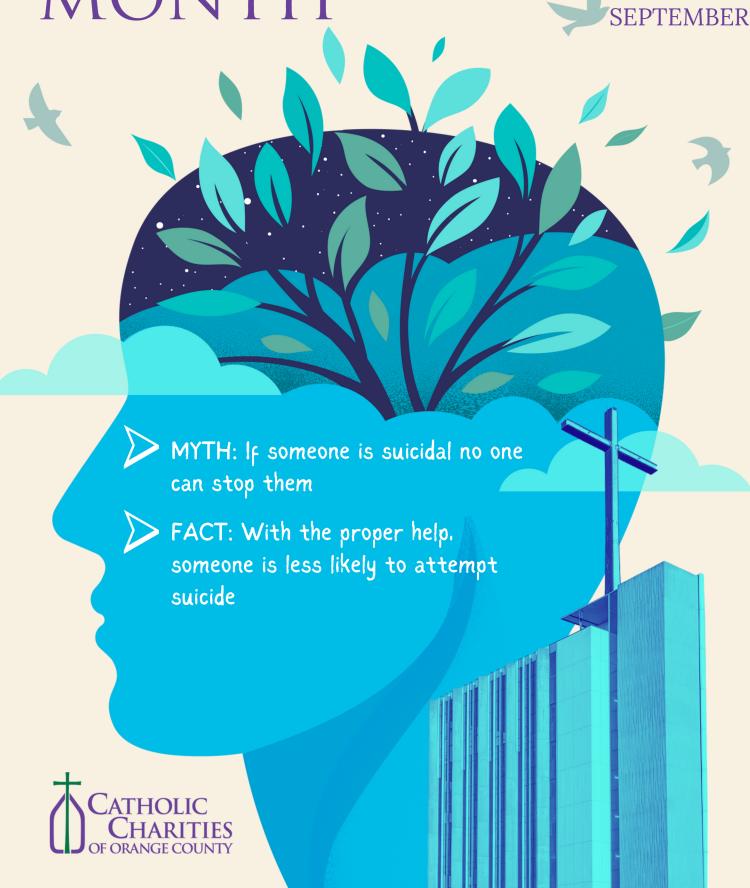
SUCIDE PREVENTION MONTH SEPTEMBER



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

714-517-6353 **Centralized Assessment Team**

