

Hope, Resilience & Recovery

Suicide Prevention Week: September 6-12, 2020

World Suicide Prevention Day September 10

National Recovery Month September



Funded by counties through the Mental Health Services Act (Prop 63).

suicideispreventable.org

September is Suicide Prevention Month

Hello Troy Warrior Community,

September is **Suicide Prevention Month**. All of us can play a role in suicide prevention by knowing the signs for suicide, finding the words to reach out to a person in emotional pain, and reaching out to local resources. In this newsletter you will find tips, links, and phone numbers to resources that can help you or someone you know who may be struggling. Please utilize the resources in this newsletter if you or someone you know is struggling to navigate these difficult times.



Even the darkest night will end and the sun will rise.

SUICIDE CAN BE PREVENTED

Most of us have been touched by the tragedy of suicide. We may have lost someone close to us or been moved by the loss of someone we may have never met. However, many people who find themselves in a suicide crisis can and do recover. Suicide can be prevented; you can help by taking the following actions:

- **Know the Signs:** Most people who are considering suicide show some warning signs or signals of their intentions.
- **Find the Words:** If you are concerned about someone, ask them directly if they are thinking about suicide. This can be difficult to do, but being direct provides an opportunity for them to open up and talk about their distress and will not suggest the idea to them if they aren't already thinking about it.
- **Reach Out:** You are not alone in this. Before having the conversation, become familiar with some resources to offer to the person you are concerned about.

Please visit **Know the Signs** at www.suicideispreventable.org to learn to recognize warning signs, how to respond to warning signs, and the best ways to reach out to find help for your friend or loved one.

Pain Isn't Always Obvious

**KNOW
THE SIGNS**

Suicide Is Preventable.org

The world is a better place because you are in it.

HELP IS JUST A CALL, TEXT, OR CLICK AWAY

- **The Suicide Prevention Lifeline 1-800-273-TALK/1-800-273-8255** offers 24/7 free and confidential assistance from trained counselors. Callers are connected to the nearest available crisis center.
- **The Crisis Text Line** is the only 24/7, nationwide crisis-intervention text-message hotline. The Crisis Text Line can be reached by texting **HOME** to **741-741**.
- **Teenage Advice, Crisis & Depression Helpline** Do you need help working something out? Do you want to talk to someone who understands, like another teen? We're here to help! Call **(310) 855-HOPE/(310) 855-4673** or go to <https://teenlineonline.org/talk-now/>
- **The Trevor Project/The Trevor Lifeline** is a national 24-hour, toll free confidential suicide hotline for LGBTQ youth. Call **1-866-488-7386** 24/7 or confidential text messaging with a Trevor Counselor by texting **START** to **678678**



RESOURCES FOR PARENTS AND GUARDIANS

Please visit the websites below for more guidance and resources:

- Suicide Prevention Webinar for Parents & Guardians
 - <https://vimeo.com/431986169>
- A Parent's Guide to Suicide Prevention
 - <https://www.accreditedschoolsonline.org/resources/suicide-preven>
- California Peer-Run Warm Line
 - <https://www.mentalhealthsf.org/peer-run-warmline/>
- OC Health Info
 - <http://www.ochealthinfo.com/bhs/about/nit/oclinks/>
- National Alliance on Mental Illness
 - <https://www.nami.org/Get-Involved/Find-a-NAMIWalk>

CARE SOLACE

FJUHSD is pleased to partner with **Care Solace**, an online resource with a live 24/7 concierge meant to assist individuals in finding local mental health related programs and counseling services. Care Solace is available for use by district students, families, and staff at no cost.

- Call **(888) 515-0595** to speak with a representative.
- Or visit our custom district link:
 - <https://www.caresolace.com/site/fjuhsdfamilies/>

No one else can play your part.