



National Suicide Prevention Month

SUICIDE PREVENTION & AWARENESS *Coffee Coasters*

TIME: All Month

WHERE: Local Coffee Shops

For more information, please email:
bhisleadership@phoenixhouseca.org.

Phoenix HBHIS staff has curated a unique coffee coaster to highlight the warning signs of suicide and provide a resource hotline number (Crisis Prevention Hotline). The coasters will be shared with local coffee shops that are willing to participate and pass along resources.

Coffee shops interested in participating in the distribution of the BHIS coffee coasters will receive a folder filled with Mental Health Resources and Suicide Resources to distribute as needed.

Never
let a
stumble in
the road
be the end
of your
journey.

UNKNOWN

SUICIDE PREVENTION & AWARENESS *Instagram Posts*

TIME: September 1-4, 2020
Daily posts

WHERE: Social Media, Phoenix House BHIS Instagram Account:
<https://instagram.com/phoenixhousebhis?igshid=30cslywucz7z>

Students in Orange County will get the opportunity to participate in an activity on the BHIS's Instagram account regarding Suicide Prevention and Awareness Month. The first activity will be answering the following question, "What could you tell a loved one that was considering self-harm or suicide?" Students will get to share their response and will be able to access some resources that BHIS will be posting as well. Since students utilize social media the most, it would be best to spread awareness, tag their friends, and have these conversations with their loved ones. Students that participate will get a chance to enter a giveaway. The winner will be receiving a self-care basket.

*Orange County's
rise in suicides
is the largest among
major
US counties*

*An 18% increase
over ten years.*

2019 Community Health
Needs Assessment Kaiser
Foundation Hospital:
Anaheim and Irvine

RAISING SUICIDE AWARENESS AND PREVENTION RESOURCES

TIME: Times vary

WHERE: Virtual Parenting Education classes throughout the month of September.

For a list of Active Parenting Virtual courses, please email Tatiana-restrepo@olivecrest.org

Olive Crest provides 6 virtual week Parenting Courses for all Orange County Residents. During the month of September, Courses will all begin with 5-10 min slides discussing Suicide prevention, Mental health Recovery and Resilience. MH Resources will be distributed to all participants via email. Participants that identify need will be linked to NAMI support programs. To learn more about our Parenting Education courses, visit <https://www.olivecrest.org/orange-county/other-services/>

This year, in support of National Suicide Prevention Awareness Week, World Suicide Prevention Day and National Recovery Month, all held in September, we are encouraging a special focus on the intersection between suicide prevention, alcohol and drug use and efforts that foster resilience and recovery.

*A Suicide Prevention Toolkit is available at:
<https://emmresourcecenter.org/resources/suicide-prevention-activation-kit-2020>*

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POPULATIONS OF CONCERN

- Teens (14-18)
- White males (25-64)
- All individuals 65+
- LGBTQ+ youth

SOURCE: 2019 Community Health Needs Assessment Kaiser Foundation Hospital: Anaheim and Irvine

DIDI HIRSCH MENTAL HEALTH SERVICES: CLINICAL SUICIDE PREVENTION TRAINING

TIME: 10 a.m. – 1 p.m.

WHERE: Virtual Webinar
For more information, please request flyer from:
jconstanza@didihirsch.org

Please call or email to RSVP: (714) 989-8309 or
jconstanza@didihirsch.org

DHMHS: Survivor Support Services will continue to provide virtual trainings open to the community throughout the month of September along with PDF versions of outreach materials.

An activity guide is available at:

https://emmresourcecenter.org/resources/suicide-prevention-week-overview-and-activity-guide-2020?sm_au=isVH44D4k7jV45M47qBfJKOCNRBH2



September is National Suicide Prevention Month. Learn more at www.eachmindmatters.org

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PREVENCIÓN DEL SUICIDIO: RECONOZCA LAS SEÑALES
Presentación in Spanish

TIME: 2 p.m. - 3 p.m.

WHERE: Facebook Live: Dr. Ana Nogales
<https://www.facebook.com/DrAnaNogales/>

Para más información visite nuestro sitio web:
www.casadelafamilia.org o llámenos al
(877) 611-CASA (2272).

Este evento se transmitirá en vivo por Facebook Live. La Dra Ana Nogales estará contestando sus preguntas y/o comentarios.

La Dra Ana Nogales es psicóloga clínica y fundadora de Nogales Psicológica Consuelan, Inc., y Casa de la Familia, que estableció en el año 1996 para víctimas de trauma. Supervisa un personal clínico de 40 profesionales de salud mental biculturales y bilingües, así como un programa de enlace comunitario para brindar recursos a víctimas de violencia doméstica y asalto sexual en los condados de Los Ángeles, y Orange.

“Soak up
the views.
Take in the bad
weather and the
good weather.
You are not the
storm.”

MATT HAIG



ADDITIONAL RESOURCES AVAILABLE: <https://www.suicideispreventable.org/>

September is National Suicide Prevention Month. Learn more at www.eachmindmatters.org

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Never, never,
never
give up.

WINSTON CHURCHILL

SUICIDE PREVENTION SOCIAL MEDIA SHARING *Instagram Posts*

TIME: September 6-12, 2020
Daily posts for Suicide Prevention Week

WHERE: Connect-OC Coalition social media accounts
Instagram: https://www.instagram.com/connect_oc/
Facebook: <https://www.facebook.com/ConnectOCCoalition>
Twitter: https://twitter.com/connect_oc

The Connect-OC Coalition will be sharing Each Mind Matters suicide prevention resources and messaging provided in the activity guide (Know the Signs, #suicidepreventionweek2020 Resilience & Recovery, etc.). The coalition will also share local crisis lines (The OC WarmLine - Call or Text: (714) 991-6412), National Suicide Prevention Lifeline at 1 (800) 273-8255, and any coalition member/agency events that promote suicide prevention. This will include, but not limited to, stigmafreeoc.com, Community Suicide Prevention Initiative with Be Well OC, NAMI OC, etc.



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SUICIDE
DOESN'T END
THE PAIN,
IT JUST
PASSES IT
ALONG
TO SOMEONE
ELSE

UNKNOWN

WORDS OF AFFIRMATION & MEDITATION

Council on Aging

TIME: 10 a.m. - 12 p.m.

WHERE: Virtually over Zoom

For more information, please visit the website at www.coasc.org

Please call to RSVP: (714) 352-8836 or email cranle@coasc.org.

Practicing intentions and emotions used through words to open dialogue to understand the signs and symptoms of suicide. Meditation will allow attendees to practice mindfulness with the surrounding environment and others.

BE PROACTIVE: EXERCISE AND SOCIALIZE FOR MANDARIN SPEAKERS

Council on Aging

TIME: 1:30 p.m. - 3:30 p.m.

WHERE: WeChat Virtual Meeting

Contact Name: Harmon Wu— Support Group Leader (Mandarin)

Email: hwu@coasc.org

WeChat ID: harmonwood

Virtual Group Info:

Please first RSVP to: hwu@coasc.org OR WeChat ID: harmonwood

During the first phase of the activity, support group leader will lead a discussion circle with the purpose of educating the participants about proactive ways to prevent suicide. Main strategies to be introduced include exercising regularly and socializing with others. During the second phase of the activity, support group leader will teach participants about simple home exercises and varies virtual/in-person socialization platforms.

NATIONAL SUICIDE PREVENTION LIFELINE
1 (800) 273-8255

September is National Suicide Prevention Month. Learn more at www.eachmindmatters.org

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SUICIDE PREVENTION WEEK SOCIAL MEDIA POSTS

TIME: September 7-11, 2020
Daily posts on Facebook and Instagram

WHERE: Orange County Friday Night Live, PAL – Peer Assistance Leadership, and Student Advocates for Mental Health Instagram and Facebook accounts.

Facebook:

- Orange County FNL <https://www.facebook.com/orangecountyfnl/>
- OCDE PAL <https://www.facebook.com/OCDEPAL/>

Instagram:

- Orange County FNL <https://www.instagram.com/orangecountyfnl/>
- OCDE PAL <https://www.instagram.com/ocdepal/>

Daily suicide prevention awareness posts on social media. Focus will be on Knowing the Signs, Reducing Stigma, and Promoting Resources.

FACTS ABOUT SUICIDE

SOURCE: <https://www.thetrevorproject.org/resources/preventing-suicide/facts-about-suicide/>

- Suicide is the 2nd leading cause of death among young people ages 10 to 24.
- LGB youth seriously contemplate suicide at almost three times the rate of heterosexual youth.
- LGB youth are almost five times as likely to have attempted suicide compared to heterosexual youth.
- Of all the suicide attempts made by youth, LGB youth suicide attempts were almost five times as likely to require medical treatment than those of heterosexual youth.
- Suicide attempts by LGB youth and questioning youth are 4 to 6 times more likely to result in injury, poisoning, or overdose that requires treatment from a doctor or nurse, compared to their straight peers.
- In a national study, 40% of transgender adults reported having made a suicide attempt. 92% of these individuals reported having attempted suicide before the age of 25.
- LGB youth who come from highly rejecting families are 8.4 times as likely to have attempted suicide as LGB peers who reported no or low levels of family rejection.
- 1 out of 6 students nationwide (grades 9–12) seriously considered suicide in the past year.
- Each episode of LGBT victimization, such as physical or verbal harassment or abuse, increases the likelihood of self-harming behavior by 2.5 times on average.

September is National Suicide Prevention Month. Learn more at www.eachmindmatters.org

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Suicide doesn't end the chances of life getting worse, it eliminates the possibility of it ever getting any better.

UNKNOWN

OUT OF THE DARK—WELLNESS CHALLENGE Council on Aging

TIME: 10 a.m.-11 a.m.

WHERE: Virtually over Zoom

For more information, please visit the website at www.coasc.org
Please call to RSVP: (714) 352-8836 or email ctranle@coasc.org.

This wellness activity will challenge the mind and body as well as be a driven attribute to identifying ways to cope with mental health and feelings of self-worth.

VIRTUAL MOVIE SCREENING OF “THE S WORD” AND DIALOGUE WITH KELECHI OBOZOH

TIME: 5:30 p.m. – 7 p.m.

WHERE: Virtual Webinar

RSVP AT: ocmecca.org/thesword

The S Word is a powerful SAMHSA award-winning documentary which follows the lives of suicide attempt survivors in an effort to end the stigma and silence around suicide.

Registrants will receive a link to the movie one week prior to the dialogue and will be able to stream the movie at any point prior to September 8.

Join us after the virtual screening for a special dialogue with Kelechi Ubozoh.

Orange County Suicide Death Statistics can be found at:
<https://www.livestories.com/statistics/california/orange-county-suicide-deaths-mortality>

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“Place your hand over your heart, can you feel it?”

That is called purpose.

You’re alive for a reason so don’t ever give up.”

UNKNOWN

SUICIDE PREVENTION & LATINO MEN

TIME: 2 p.m. (English)
3 p.m. (Spanish)
WHERE: Facebook Live Casa de la Familia
<https://www.facebook.com/CasadelaFamilia.org>

For more information, please visit our website at: www.casadelaFamilia.org or call us at: (877) 611-CASA (2272)

This event is in collaboration with the Mexican Consulate in Santa Ana and will be presented via Facebook Live.

Visit www.facebook.com/casadelaFamilia.org to submit your questions prior to September 8, 2020. Also, participants will have an opportunity to submit questions and/or comments during the live event.

“IS SUICIDE PREVENTABLE? RECOGNIZING THE SIGNS” WEBINAR

TIME: 10:30 a.m. - 11 a.m.
WHERE: Virtual-Zoom

For further information and to register for this webinar training available to the general public, please visit Eventbrite.com and search “Is Suicide Preventable? Recognizing the Signs.”

Once you are registered via Eventbrite, you will be sent a link to the email you used to register with the meeting ID.

Easter seals’ Outreach and Engagement team will be hosting a 30-minute presentation on Suicide Preventability and Recognizing the signs. Topics of discussion will include recognizing signs, suicide prevention strategies, national initiatives underway that are enhancing suicide prevention in health care settings, national and local efforts looking to change the conversation of suicide, and everyone’s role when it comes to preventing suicide.

Intentional self-harm and suicide continue to be a leading cause of death across the United States, the state of California, and Orange County.

The 2014-2018 Suicide Deaths in Orange County Report can be found at: <https://www.ochealthinfo.com/civicax/filebank/blobdload.aspx?BlobID=104347>

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DIDI HIRSCH MENTAL HEALTH SERVICES: GENERAL SUICIDE PREVENTION TRAINING

TIME: 1 p.m. – 2:30 p.m.

WHERE: Virtual Webinar

For more information, please request flyer from:
jconstanza@didihirsch.org

Please call or email to RSVP: (714) 989-8309 or
jconstanza@didihirsch.org

DHMHS: Survivor Support Services will continue to provide virtual trainings open to the community throughout the month of September along with PDF versions of outreach materials.

*When it is
darkest, we can
see the stars.*

Ralph Waldo Emerson

Pain isn't always obvious, but most suicidal people show some signs that they are thinking about suicide. If you see even one warning sign, step in or speak up. Take the time to learn what to do now so you're ready to be there for a friend or loved one when it matters most.

Signs of Suicide

- Increased alcohol or drug use
- Changes in normal sleep patterns
- Withdrawal (an individual stops talking to others or participating in activities he or she once enjoyed)
- Feelings of hopelessness, desperation, or of being trapped
- Giving away possessions, putting affairs in order (an individual rushes to complete or update a will)

Critical Signs

If any of these signs are present, call 9-1-1 or a suicide prevention hotline:

- Threatening self-harm or suicide
- Talking about death or suicide while intoxicated
- Seeking methods for self-harm or suicide
- Talking about death or suicide and acting anxious or agitated

Learn about more signs of suicide and how to get involved
at www.suicideispreventable.org/.

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Understanding the Terminology

- **Suicidality:** Suicidal ideation, suicide plans, and suicide attempts
- **Suicidal Ideation:** Serious thoughts about taking one's life
- **Survivors of Suicide Attempts:** Those who have attempted suicide
- **Survivors of Suicide Loss:** Those who have lost a family member or loved one to suicide

SOURCE: [2019 Community Health Needs Assessment Kaiser Foundation Hospital: Anaheim and Irvine](#)

DIDI HIRSCH MENTAL HEALTH SERVICES: CLINICAL SUICIDE PREVENTION TRAINING

TIME: 1 p.m. – 4 p.m.

WHERE: Virtual Webinar

For more information, please request flyer from:
jconstanza@didihirsch.org

Please call or email to RSVP: (714) 989-8309 or
jconstanza@didihirsch.org

DHMHS: Survivor Support Services will continue to provide virtual trainings open to the community throughout the month of September along with PDF versions of outreach materials.

IDENTIFYING & REGULATING EMOTIONS

TIME: 3 p.m. – 4 p.m.

WHERE: For more information, please visit the website at:
<https://www.eventbrite.com/e/117086856941>

In this workshop, Western Youth Service-BHIS will utilize the Zones of Regulation™ to help provide and teach participants the common language of SEL to help them understand and communicate their different emotional states. When we are better able to identify and communicate regarding different emotional states in ourselves, we become more empowered to communicate authentically. Our emotions help us figure out what we need and want--or don't want! When we know and talk about our emotions, we are taking steps towards being better friends and making kinder choices. The purpose of this workshop is to support suicide prevention and awareness.

To anyone out there who's hurting—it's not a sign of weakness to ask for help. It's a sign of strength.

BARACK OBAMA

September is National Suicide Prevention Month. Learn more at www.eachmindmatters.org

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What Is Suicide?

Suicide is when people direct violence at themselves with the intent to end their lives, and they die because of their actions. It's best to avoid the use of terms like "committing suicide" or a "successful suicide" when referring to a death by suicide as these terms often carry negative connotations.

A *suicide attempt* is when people harm themselves with the intent to end their lives, but they do not die because of their actions.

SUICIDE PREVENTION AND SUBSTANCE USE

TIME: 10 a.m. - 11:30 a.m.

WHERE: Virtual – ZOOM

For further information and to register for this presentation please call OMID Institute at (949) 502-4721 or email: Hnia@omidinstitute.org

OMID Outreach and engagement will be hosting a webinar about substance use and Suicide prevention. The discussion will include information about signs, symptoms, awareness and prevention.

SUICIDE PREVENTION FOR THE LGBTQ+ COMMUNITY WEBINAR

TIME: 5 p.m. - 6:30 p.m.

WHERE: Virtual - ZOOM

For further information and to register for this presentation available to the general public, please RSVP at <https://bit.ly/2BHb4z4> for Eventbrite link, or contact Cleo Oubre at cleo@apaitonline.org.

The APAIT O&E team will be hosting a 60-minute presentation about LGBTQ+ suicide prevention. The discussion will include information about statistics, protective & risk factors, warning signs, intrapersonal & interpersonal interventions, resources and more. There will also be an additional 30 minutes after the presentation for questions and a discussion.

*Life doesn't come with a
REWIND, FAST FORWARD or PAUSE BUTTON.*

*Once it starts it PLAYS until it ends or you press
STOP. Never press STOP just enjoy it while it
PLAYS.*

SONYA PARKER

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SUPPORTING THE MENTAL HEALTH OF LGBTQ YOUTH & SUICIDE PREVENTION (LGBTQ Center)

TIME: 6:30 p.m. - 8:30 p.m.

WHERE: Virtual Discussion
For Zoom information, please visit: bit.ly/centerzoom20

This event is open to LGBTQ youth and their allies ages 13-18. We will have a discussion about the importance of suicide prevention and share resources.

For further information, please contact Stephanie Camacho-Van Dyke. Email: stephanie.vandyke@lgbtqcenteroc.org

The Directing Change Program & Film Contest is part of Each Mind Matters: California's Mental Health Movement.

The program offers young people the exciting opportunity to participate in the movement by creating 60-second films about suicide prevention and mental health that are used to support awareness, education and advocacy efforts on these topics. Learning objectives surrounding mental health and suicide prevention are integrated into the submission categories of the film contest, giving young people the opportunity to critically explore these topics. Program participants – whether they are making a film, acting as an adult advisor, or judging the films – are exposed to appropriate messaging about these topics, warning signs, how to appropriately respond to someone in distress, where to seek help, as well as how to stand up for others who are experiencing a mental health challenge. In addition, schools and organizations are offered free prevention programs and educational resources.



Last year, the Directing Change Program and Film Contest received 1,063 film submissions from 3,346 young people, representing 170 schools and organizations, across 31 counties statewide. Over the last six years the Directing Change program received 7,205 films from 10,540 youth participants representing over 400 middle schools, high schools, colleges, and community based organizations.

SOURCE: <https://www.directingchange.org/>

ADDITIONAL RESOURCES:

https://gallery.mailchimp.com/caf0c76bf1ba13f043e03f0f5/files/dff357f0-d621-4887-a1b2-78c1f5629240/WHO_Preventing_Suicide_A_Resource_for_Filmmakers_and_Others_Working_on_Stage_and_Screen_10th_October_2019_1.pdf

September is National Suicide Prevention Month. Learn more at www.eachmindmatters.org

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Suicide is a major public health concern.

Over 48,000 people died by suicide in the United States in 2018; it is the 10th leading cause of death overall.

Suicide is complicated and tragic, but it is often preventable. Knowing the warning signs for suicide and how to get help can help save lives.

SOURCE: NIH
<https://www.nimh.nih.gov/>

CONOZCA LAS SEÑALES (PRESENTATION IN SPANISH) (WYS Outreach and Engagement)

HORA: 2:30 p.m.

DÓNDE: Seminario web de Zoom

DESCRIPCIÓN: Esta presentación tiene como objetivo ayudar a identificar los signos de suicidio. Revisará los mitos y los hechos sobre la autolesión / suicidio, las señales de advertencia que debe conocer, las formas en que una persona puede ser una fuente de apoyo para los demás.

Para obtener más información: Llame a RSVP: (949) 680-0962.

ACCESS CALIFORNIA SERVICES-SUICIDE AWARENESS CLASS

TIME: 4 p.m. – 5 p.m.

WHERE: Virtual Webinar
To Join:

<https://zoom.us/j/94480960533?pwd=b0ZmaDduL2g4c>

RSVP with Nadia Abdalla: nadiaA@accesscal.org

The Suicide Awareness class is a stress-free way to learn about Suicide prevention and an opportunity to connect with others in the community. During this class, the instructor will review the following topics: how to identify signs and risk factors associated with self-harm, mental health coping skills, and how to provide support to friends and family members who may be experiencing suicidal ideations. Class materials will be covered in English and Arabic.

Call the [National Suicide Prevention Lifeline \(Lifeline\)](#) at 1 (800) 273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741). Both services are free and available 24 hours a day, seven days a week. The deaf and hard of hearing can contact the Lifeline via TTY at 1 (800) 799-4889. All calls are confidential. Contact social media outlets directly if you are concerned about a friend's social media updates or dial 911 in an emergency. Learn more on the Lifeline's website or the [Crisis Text Line's website](#).

SOURCE: https://www.crisistextline.org/?sm_au=isVH44D4k7jv45M47qBfjKOCNRBH2

September is National Suicide Prevention Month. Learn more at www.eachmindmatters.org

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*Believe in
yourself and
all that
you are.
Know that
there is
something
inside you
that is
greater
than any
obstacle.*

Christian D. Larson

KOREAN COMMUNITY SERVICES—SUICIDE AWARENESS CLASS

TIME: 2:30 p.m. – 3 p.m.

WHERE: Virtual Webinar

To Join: <https://zoom.us/j/92447813627>

RSVP with Keum H. Cha: kcha@koreancommunity.org

The Suicide Awareness class is a stress-free way to learn about Suicide prevention and an opportunity to connect with others in the community. During this class, the instructor will review the following topics: how to identify signs and risk factors associated with self-harm, mental health coping skills, and how to provide support to friends and family members who may be experiencing suicidal ideations. Class materials will be covered in English and Korean.

THE CAMBODIAN FAMILY-SUICIDE AWARENESS CLASS

TIME: 10 a.m. – 11 a.m.

WHERE: Virtual Webinar

To join: <https://us02web.zoom.us/j/86777757997>

RSVP with Sokol Roeun: sokolr@cambodianfamily.org

The Suicide Awareness class is a stress-free way to learn about Suicide prevention and an opportunity to connect with others in the community. During this class, the instructor will review the following topics: how to identify signs and risk factors associated with self-harm, mental health coping skills, and how to provide support to friends and family members who may be experiencing suicidal ideations. Class materials will be covered in English and Khmer.

According to the Centers for Disease Control and Prevention (CDC), men are more likely to die by suicide than women, but women are more likely to attempt suicide. Men are more likely to use more lethal methods, such as firearms or suffocation. Women are more likely than men to attempt suicide by poisoning.

SOURCE: https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq_149986.pdf

September is National Suicide Prevention Month. Learn more at www.eachmindmatters.org

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*All things
are
difficult
before
they
are
easy.*

THOMAS FULLER

SOCIAL EMOTIONAL LEARNING CARE KIT DISTRIBUTION

TIME: 11:30 a.m. – 12:30 p.m.

WHERE: Silverado High School

For more information, please contact Emily Wang at (949) 900 – 5380.

Western Youth Service-BHIS partnered with O&E for outreach to SVUSD and TUSD students and families for meal distribution. WYS-BHIS created and are distributing coping kits with SEL materials for families, which feature wellness and mindfulness activities for families to learn and practice together in support of suicide prevention.

SUICIDE PREVENTION & AWARENESS

Candle Activity

TIME: All day

WHERE: Interested in participating?
Visit our office parking lot for material pickup on Monday, September 7th from 12 – 2 p.m.

Mailed kits available upon request. Email your information to bhisleadership@phoenixhouseca.org by noon on Friday, September 4.

Participants are encouraged to shine light on breaking the stigma behind suicide prevention by lighting a candle in remembrance of those lost or impacted by suicide. Phoenix House-BHIS will provide the community with kits filled with resources and their own individual candle to utilize for this activity.

The [Veterans Crisis Line](#) connects Service members and Veterans in crisis, as well as their family members and friends, with qualified, caring Department of Veteran’s Affairs (VA) responders through a confidential toll-free hotline, online chat, or text messaging service. Dial 1 (800) 273-8255 and Press 1 to talk to someone or send a text message to 838255 to connect with a VA responder.

You can also start a confidential online chat session at veteranscrisisline.net/get-help/chat.

September is National Suicide Prevention Month. Learn more at www.eachmindmatters.org

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KNOW THE SIGNS (WYS Outreach and Engagement)

TIME: 4 p.m.

WHERE: Zoom Webinar

Don't ask
yourself what
the world needs.

Ask yourself
what makes you
come alive
and then
go do that.

Because what
the world
needs is
more people
who have
come alive.

DR. HOWARD THURMAN

This presentation is aimed to help identify the signs of suicide. It will review myths and facts about self-harm/suicide, warning signs to be aware of, ways in which a person may be a source of support for others.

For more information, please visit the website at:
<https://www.eventbrite.com/e/know-the-signs-tickets-116673743307>

Please call to RSVP: (949) 680-0962

SUICIDE PREVENTION EVENT FOR VIETNAMESE SPEAKERS Council on Aging

TIME: 1 p.m. - 3 p.m.

WHERE: Zoom (Virtual Meeting)

For more information, please visit the website at
www.coasc.org

Please email to RSVP: vvo@coasc.org

Raise awareness with Vietnamese participants by sharing data, information and facts about suicidal. The goal is to help participants recognize the signs and guide them to have an open conversation with potential victims. Group Coordinator will provide participants resources, hot line phone number, and lastly take part in social media activities (pictures or posts) to spread the awareness of wider among the community.

*The real reason for not committing suicide
is because you always know how
swell life gets again after the hell is over.*

ERNEST HEMINGWAY

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TRIVIA NIGHT FOR WORLD SUICIDE DAY

TIME: 6 p.m. - 7 p.m.

WHERE: Virtual - ZOOM

To be provided a link for this presentation available to the general public, please register on Eventbrite at <https://trivianightsuicideprevention09-10-20.eventbrite.com>
For more information please contact oe@theprioritycenter.org or the Infoline at 1 (888) 955-6570.

*The pain passes,
but the beauty
remains.*

PIERRE AUGUST RENOIR

The Priority Center's O&E Team will be hosting a 60-minute trivia game in which participants will be able to answer questions focused on Suicide Awareness, how to recognize the need for support, know the signs, and the winner will receive a \$20 gift card. The facilitators will also offer an additional 15-30 minutes at the end of the webinar to answer any questions, and provide resources on hotlines available for Suicide prevention.



5 Action Steps for Helping Someone in Emotional Pain

- ASK**
"Are you thinking about killing yourself?"
- KEEP THEM SAFE**
Reduce access to lethal items or places.
- BE THERE**
Listen carefully and acknowledge their feelings.
- HELP THEM CONNECT**
Save the National Suicide Prevention Lifeline number 1-800-273-8255.
- STAY CONNECTED**
Follow up and stay in touch after a crisis.

 **NIH** National Institute of Mental Health
www.nimh.nih.gov/suicideprevention

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*One of the
secrets of life
is to make
stepping stones
out of
stumbling blocks.*

JACK PENN

SUICIDE PREVENTION IN-PERSON OUTREACH

TIME: 10:30 a.m. - 1:30 p.m.

WHERE: 1010 W. 17th St., Santa Ana, CA 92706

For more information please contact oe@theprioritycenter.org or the Infoline at 1 (888) 955-6570.

The Priority Center's O&E team will be conducting outreach with a mask on and social distancing, in front of Mix Academy in Santa Ana, where a food distribution is each Friday, distributing Each Mind Matters Suicide prevention posters, phone cards on recognizing the signs of Suicide, stickers on "It's ok to not be ok", "El Suicidio" Spanish educational brochures, OCLinks cards, "A closer look at perfection" posters, "There is hope" phone cards, "A promise to Myself" cards as well as LGBTQ Understanding Suicide Risk" educational material and O&E flyers as a resource for participants to get support.

ABRAZAR, INC-SUICIDE AWARENESS CLASS

TIME: 10:30 a.m. – 11 a.m.

WHERE: Virtual Webinar

To Join: meet.google.com/mna-zbfj-phv
(US)+1 385-404-5228 PIN: 792 129 369#
RSVP With Martha Sanchez: m.sanchez@abrazarinc.com

The Suicide Awareness class is a stress-free way to learn about Suicide prevention and an opportunity to connect with others in the community. During this class, the instructor will review the following topics: how to identify signs and risk factors associated with self-harm, mental health coping skills, and how to provide support to friends and family members who may be experiencing suicidal ideations. Class materials will be covered in English.

Many people have some of these risk factors but do not attempt suicide. It is important to note that suicide is not a normal response to stress.

Suicidal thoughts or actions are a sign of extreme distress, not a harmless bid for attention, and should not be ignored.

SOURCE: https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml#part_153177

September is National Suicide Prevention Month. Learn more at www.eachmindmatters.org

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ORANGE COUNTY CHILDREN'S THERAPEUTIC ARTS CENTER-SUICIDE AWARENESS CLASS

TIME: 10 a.m. – 11 a.m.

WHERE: Virtual Webinar

To join: <https://cccconfer.zoom.us/j/99336076087>
RSVP with Rosa Garcia: rosag@occtac.org

The Suicide Awareness class is a stress-free way to learn about Suicide prevention and an opportunity to connect with others in the community. During this class, the instructor will review the following topics: how to identify signs and risk factors associated with self-harm, mental health coping skills, and how to provide support to friends and family members who may be experiencing suicidal ideations. Class materials will be covered in English and Spanish.



WARNING SIGNS OF SUICIDE:
The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:

- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:

- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:

- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying good bye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

National Suicide Prevention Lifeline
1-800-273-TALK

Crisis Text Line
Text "HELLO" to 741741

 **NIH** National Institute of Mental Health

www.nimh.nih.gov/suicideprevention
NIH's Identifier No. OM 19-426

September is National Suicide Prevention Month. Learn more at www.eachmindmatters.org

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OMID – SUICIDE AWARENESS CLASS

TIME: 2 p.m. – 3 p.m.

WHERE: Virtual Webinar

To Join Dial: (949) 299-8608

RSVP with Sara Rahmanian: srahmanian@omidinstitute.org

The Suicide Awareness class is a stress-free way to learn about Suicide prevention and an opportunity to connect with others in the community. During this class, the instructor will review the following topics: how to identify signs and risk factors associated with self-harm, mental health coping skills, and how to provide support to friends and family members who may be experiencing suicidal ideations. Class materials will be covered in English and Farsi.

*If you're
going
through
hell,
keep
going.*

WINSTON CHURCHILL

SOUTHLAND INTEGRATED SERVICES-SUICIDE AWARENESS CLASS

TIME: 10 a.m. – 11 a.m.

WHERE: Virtual Webinar

To join dial: (714) 620-7010 and enter the conference ID.

Conference ID:1653521#

RSVP with Vicky Ngo: vngo@southlandintegrated.org

The Suicide Awareness class is a stress-free way to learn about Suicide prevention and an opportunity to connect with others in the community. During this class, the instructor will review the following topics: how to identify signs and risk factors associated with self-harm, mental health coping skills, and how to provide support to friends and family members who may be experiencing suicidal ideations. Class materials will be covered in English and Vietnamese.

Suicide is a major public health problem and a leading cause of death in the United States. The effects of suicide go beyond the person who acts to take his or her life: it can have a lasting effect on family, friends, and communities.

A fact sheet, developed by the National Institute of Mental Health (NIMH), can help you, a friend, or a family member learn about the signs and symptoms, risk factors and warning signs, and ongoing research about suicide and suicide prevention.

SOURCE: https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq_149986.pdf

September is National Suicide Prevention Month. Learn more at www.eachmindmatters.org

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DIDI HIRSCH MENTAL HEALTH SERVICES: ALIVE AND RUNNING—VIRTUAL 5K

TIME: TBD

WHERE: Virtual 5K

For more information, to sign-up or donate, please visit:
www.aliveandrunning.org

DHMHS is continuing their efforts for Suicide Prevention and Awareness with their annual Alive and Running 5K. This year it is set to be a virtual event!

*The harder the
journey the more
glorious the victory.*

MELISSA DOHME

Who Is at Risk for Suicide?

Suicide does not discriminate. People of all genders, ages, and ethnicities can be at risk. The main risk factors for suicide are:

- A prior suicide attempt
- Depression and other mental health disorders
- Substance abuse disorder
- Family history of a mental health or substance abuse disorder • Family history of suicide
- Family violence, including physical or sexual abuse
- Having guns or other firearms in the home
- Being in prison or jail
- Being exposed to others' suicidal behavior, such as a family member, peer, or media figure
- Medical illness
- Being between the ages of 15 and 24 years or over age 60 Even among people who have risk factors for suicide, most do not attempt suicide. It remains difficult to predict who will act on suicidal thoughts.

SOURCE: https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq_149986.pdf

September is National Suicide Prevention Month. Learn more at www.eachmindmatters.org

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SUICIDE INFORMATION AND HOPE TALKS FOR SPANISH SPEAKERS Council on Aging

TIME: 12:30 p.m. - 2 p.m.

WHERE: Phone/Zoom Virtual Meeting

For more information, please visit the website at www.coasc.org

Please call to RSVP: (714) 352-8825 or email
jbautista@coasc.org.

Group will discuss facts about Suicide, including prevention, and more. Group leader will conduct a gratitude check at the end and will also be sharing sentiments that give other PTs hope during these rough times.

*This life.
This night.
Your story.
Your pain.
Your hope.
It matters.
All of it
matters.*

SUICIDE PREVENTION & AWARENESS Instagram Posts

TIME: September 14-18, 2020
Daily posts

WHERE: Social Media, Phoenix House BHIS Instagram Account:
<https://instagram.com/phoenixhousebhis?igshid=30cslywucz7z>

For the second activity, students will be answering the following question, "How do you talk about preventing suicide with family and friends?" Resources will also be provided for students on the same Instagram post.

JAI ME TWORKOWSI

Also per the CDC, **certain demographic subgroups are at higher risk.** For example, American Indian and Alaska Native youth and middle-aged persons have the highest rate of suicide, followed by non-Hispanic White middle-aged and older adult males. African Americans have the lowest suicide rate, while Hispanics have the second lowest rate. The exception to this is younger children. African American children under the age of 12 have a higher rate of suicide than White children. While younger preteens and teens have a lower rate of suicide than older adolescents, there has been a significant rise in the suicide rate among youth ages 10 to 14. Suicide ranks as the second leading cause of death for this age group, accounting for 425 deaths per year and surpassing the death rate for traffic accidents, which is the most common cause of death for young people.

SOURCE: https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq_149986.pdf

September is National Suicide Prevention Month. Learn more at www.eachmindmatters.org

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SUICIDE PREVENTION & YOUTH

TIME: 2 p.m. (English)
3 p.m. (Spanish)

WHERE: Facebook Live – Casa de la Familia
<https://www.facebook.com/CasadelaFamilia.org>

For more information, please visit our website at:
www.casadelaFamilia.org or call us at:
(877) 611-CASA (2272)

This event will be presented via Facebook Live.

Visit www.facebook.com/casadelaFamilia.org to submit your questions prior to September 8, 2020. Participants will also have an opportunity to submit questions and/or comments during the live event.

Think of all the beauty that's still left in and around you and be happy!

ANNE FRANK

WHY DO SOME PEOPLE BECOME SUICIDAL WHILE OTHERS WITH SIMILAR RISK FACTORS DO NOT?

Most people who have the risk factors for suicide will not kill themselves. However, the risk for suicidal behavior is complex. Research suggests that people who attempt suicide may react to events, think, and make decisions differently than those who do not attempt suicide.

These differences happen more often if a person also has a disorder such as depression, substance abuse, anxiety, borderline personality disorder, and psychosis. Risk factors are important to keep in mind; however, someone who has warning signs of suicide may be in more danger and require immediate attention.

SOURCE: https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq_149986.pdf

September is National Suicide Prevention Month. Learn more at www.eachmindmatters.org

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Hope is a necessity for normal life and the major weapon against the suicide impulse.

KARL A. MENNINGER

IDENTIFYING & REGULATING EMOTIONS IN SPANISH

TIME: 3 p.m. – 4 p.m.

WHERE: For more information, please visit the website at:
<https://www.eventbrite.com/e/117088014403>

In this workshop, Western Youth Service-BHIS will utilize the Zones of Regulation™ to help provide and teach participants the common language of SEL to help them understand and communicate their different emotional states. When we are better able to identify and communicate regarding different emotional states in ourselves, we become more empowered to communicate authentically. Our emotions help us figure out what we need and want--or don't want! When we know and talk about our emotions, we are taking steps towards being better friends and making kinder choices. The purpose of this workshop is to support suicide prevention and awareness.

CONNECT-OC COALITION NEWSLETTER

TIME: Distributed via email to all coalition members and interested parties.

WHERE: The September newsletter will provide suicide prevention messaging, resources, highlight local initiatives, and promote local suicide prevention activities/events.

For more information or to be added to the distribution list, please contact Blair Veraza, Project Coordinator at bveraza@ncaddoc.org or Crystal Dillard Bleicher, Program Manager at cdillard@ncaddoc.org

CONNECTION TO OPIOID USE & ABUSE?

Secondary data shows that half of all opioid-related deaths among people aged 65 and older in Orange County between 2014 and 2016 were ruled suicides.

SOURCE: [2019 Community Health Needs Assessment Kaiser Foundation Hospital: Anaheim and Irvine](#)

September is National Suicide Prevention Month. Learn more at www.eachmindmatters.org

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We either
make
ourselves
miserable,
or
we make
ourselves strong.

The amount of
work is the same.

CARLOS CASTANEDA

**DIDI HIRSCH MENTAL HEALTH SERVICES:
CLINICAL SUICIDE PREVENTION TRAINING**

TIME: 10 a.m. – 1 p.m.

WHERE: Virtual Webinar

For more information, please request flyer from:
jconstanza@didihirsch.org

Please call or email to RSVP: (714) 989-8309 or
jconstanza@didihirsch.org

DHMHS: Survivor Support Services will continue to provide virtual trainings open to the community throughout the month of September along with PDF versions of outreach materials.

**DIDI HIRSCH MENTAL HEALTH SERVICES:
GENERAL SUICIDE PREVENTION TRAINING**

TIME: 5 p.m. – 6:30 p.m.

WHERE: Virtual Training

For more information, please request flyer from:
jconstanza@didihirsch.org

Please call or email to RSVP: (714) 989-8309 or
jconstanza@didihirsch.org

DHMHS: Survivor Support Services will continue to provide virtual trainings open to the community throughout the month of September along with PDF versions of outreach materials.

SOCIAL EMOTIONAL LEARNING CARE KIT DISTRIBUTION

TIME: 11:30 a.m. – 12:30 p.m.

WHERE: Columbus Tustin Middle School

For more information, please contact Emily Wang at (949) 900 – 5380.

WYS-BHIS partnered with O&E for outreach to SVUSD and TUSD students and families for meal distribution. WYS-BHIS created and are distributing coping kits with SEL materials for families, which feature wellness and mindfulness activities for families to learn and practice together in support of suicide prevention.

September is National Suicide Prevention Month. Learn more at www.eachmindmatters.org

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SOCIAL EMOTIONAL LEARNING CARE KIT DISTRIBUTION

TIME: 11:30 a.m. – 12:30 p.m.

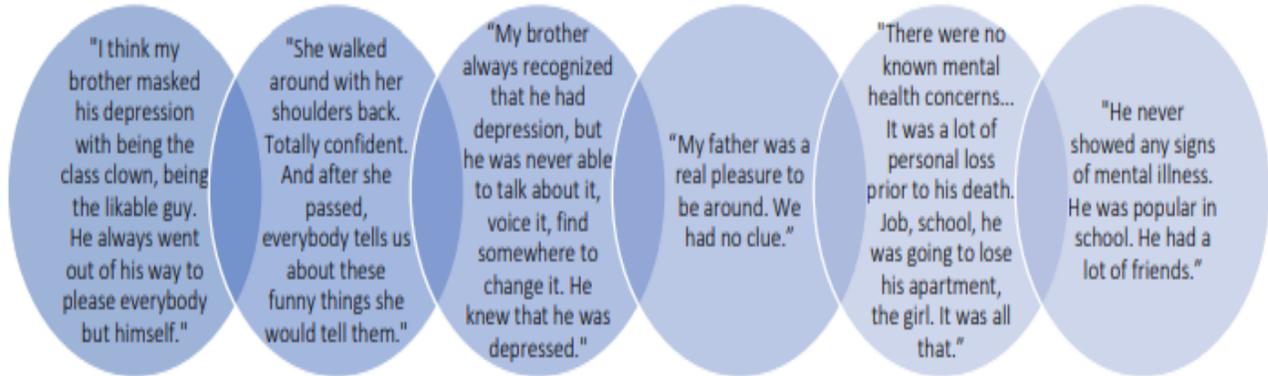
WHERE: Laguna Hills High School

For more information, please contact Emily Wang at (949) 900 – 5380.

Western Youth Service-BHIS partnered with O&E for outreach to SVUSD and TUSD students and families for meal distribution. WYS-BHIS created and are distributing coping kits with SEL materials for families, which feature wellness and mindfulness activities for families to learn and practice together in support of suicide prevention.

Suicide affects people from All Backgrounds and Walks of Life

The following quotes were from community members who shared stories about the victims of suicide in their lives:



Race and ethnicity are not protective factors

Females are **4x** more likely to attempt

Males are **4x** more likely to complete



SOURCE:

<https://about.kaiserpermanente.org/content/dam/internet/kp/comms/import/uploads/2019/09/Anaheim-and-Irvine-CHNA-2019.pdf>

September is National Suicide Prevention Month. Learn more at www.eachmindmatters.org

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Suicide is a permanent solution to a temporary problem.

PHIL DONAHUE

SUICIDE PREVENTION & AWARENESS

Instagram Posts

TIME: September 21-25, 2020
Daily posts

WHERE: Social Media, Phoenix House BHIS Instagram Account:
<https://instagram.com/phoenixhousebhis?igshid=30cslwucz7z>

The third activity will be answering the following question, “Who helps you when you’re dealing with difficult feelings?” Students will get the opportunity to identify who their support system is and who they can reach out to when dealing with difficult times.

Leading Causes of Death for Children One to 19 Years Old, by Age Group and Number of Deaths, 2015-2017

	1-4 Years	5-9 Years	10-14 Years	15-19 Years	1-19 Years
FIRST LEADING CAUSE	Unintentional Injuries (19)	Cancer (20)	Cancer (13)	Unintentional Injuries (60)	Unintentional Injuries (109)
SECOND LEADING CAUSE	Cancer (14)	Unintentional Injuries (15)	Unintentional Injuries (11)	Suicide (40)	Cancer (66)
THIRD LEADING CAUSE	Congenital Anomalies (11)	Congenital Anomalies (8)	Suicide (6)	Homicide (29)	Suicide (46)

Notes: Three-year total number of deaths.
Source: Orange County Health Care Agency

SOURCE: <https://www.ochealthinfo.com/civacx/filebank/blobload.aspx?BlobID=103871>

September is National Suicide Prevention Month. Learn more at www.eachmindmatters.org

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Choosing whether you respond to the situation as a negative or as an opportunity to react with a new and different perspective sets in motion the course of what happens.

MICHAEL NULTY

EMPATHY

TIME: 3 p.m. – 4 p.m.

WHERE: For more information, please visit the website at: <https://www.eventbrite.com/e/117087490837>

In this workshop, WYS-BHIS will utilize the Zones of Regulation™ to help provide and teach participants about empathy and skills for practicing empathy—for oneself and for others. One way to practice empathy is to be *curious*. When we are curious about others' thoughts, feelings, and experiences it helps us understand others better without judging them. When using empathy, we have a better understanding of how another person is feeling, which can help us problem solve in an effective manner when we experience conflicting perspectives. The purpose of this workshop is to support suicide prevention and awareness.

MENTAL HEALTH SUPPORT & SELF-CARE (LGBTQ Center)

TIME: 6:30 p.m. - 8:30 p.m.

WHERE: Virtual Discussion
The discussion will be held on Zoom at our Wednesday Rainbow Group. For Zoom information, please visit: bit.ly/centerzoom20

Zoom Meeting ID: 809-163-512
Password: 112233

This event is open to LGBTQ youth and their allies ages 13-18. We will have a discussion about mental health resources, self-care practices, and share community/virtual resources.

For further information, please contact Stephanie Camacho-Van Dyke. Email: stephanie.vandyke@lgbtqcenteroc.org

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**DIDI HIRSCH MENTAL HEALTH SERVICES:
GENERAL SUICIDE PREVENTION TRAINING**

TIME: 10 a.m. – 11:30 a.m.

WHERE: Virtual Training

For more information, please request flyer from:
jconstanza@didihirsch.org

Please call or email to RSVP: (714) 989-8309 or
jconstanza@didihirsch.org

DHMHS: Survivor Support Services will continue to provide virtual trainings open to the community throughout the month of September along with PDF versions of outreach materials.

SOCIAL EMOTIONAL LEARNING CARE KIT DISTRIBUTION

TIME: 11:30 a.m. – 12:30 p.m.

WHERE: Heideman Elementary

For more information, please contact Emily Wang at (949) 900 – 5380.

Western Youth Service-BHIS partnered with Outreach and Engagement for outreach to SVUSD and TUSD students and families for meal distribution. WYS-BHIS created and are distributing coping kits with SEL materials for families, which feature wellness and mindfulness activities for families to learn and practice together in support of suicide prevention.

*Leave what's alive in the furrow, what's dead in
yourself, for life does not move in the same way as a
group of clouds; from your work
you will be able one day to gather yourself.*

Miguel de Unamuno

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You are learning
to be fearless
and becoming
who you were
always meant to be.

MARIE WHITE

SOCIAL EMOTIONAL LEARNING CARE KIT DISTRIBUTION

TIME: 11:30 a.m. – 12:30 p.m.

WHERE: Silverado High School

For more information, please contact Emily Wang at (949) 900 – 5380.

Western Youth Service-BHIS partnered with Outreach and Engagement for outreach to SVUSD and TUSD students and families for meal distribution. WYS-BHIS created and are distributing coping kits with SEL materials for families, which feature wellness and mindfulness activities for families to learn and practice together in support of suicide prevention.

What Are the Warning Signs of Suicide?

The behaviors listed below may be signs that someone is thinking about suicide.

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty, hopeless, or having no reason to live
- Planning or looking for a way to kill themselves, such as searching online, stockpiling pills, or newly acquiring potentially lethal items (e.g., firearms, ropes)
- Talking about great guilt or shame
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable pain, both physical or emotional
- Talking about being a burden to others
- Using alcohol or drugs more often
- Acting anxious or agitated
- Withdrawing from family and friends
- Changing eating and/or sleeping habits
- Showing rage or talking about seeking revenge
- Taking risks that could lead to death, such as reckless driving
- Talking or thinking about death often
- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, making a will

SOURCE: https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq_149986.pdf

September is National Suicide Prevention Month. Learn more at www.eachmindmatters.org

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CONNECT-OC COALITION MEETING

TIME: 10 a.m. – 11:30 a.m.

WHERE: Zoom

For more information and to receive the meeting agenda and Zoom link, please contact Blair Veraza, Project Coordinator at bveraza@ncaddoc.org

WHAT IF SOMEONE IS POSTING SUICIDAL MESSAGES ON SOCIAL MEDIA?

Knowing how to get help for a friend posting suicidal messages on social media can save a life. Many social media sites have a process to report suicidal content and get help for the person posting the message. In addition, many of the social media sites use their analytic capabilities to identify and help report suicidal posts. Each offers different options on how to respond if you see concerning posts about suicide.

For example:

- Facebook Suicide Prevention webpage can be found at www.facebook.com/help/ [use the search term “suicide” or “suicide prevention”].
- Instagram uses automated tools in the app to provide resources, which can also be found online at <https://help.instagram.com> [use the search term, “suicide,” self-injury,” or “suicide prevention”]
- Snapchat’s Support provides guidance at <https://support.snapchat.com> [use the search term, “suicide” or “suicide prevention”]
- Tumblr Counseling and Prevention Resources webpage can be found at <https://tumblr.zendesk.com> [use the search term “counseling” or “prevention,” then click on “Counseling and prevention resources”].
- Twitter’s Best Practices in Dealing With Self-Harm and Suicide at <https://support.twitter.com> [use the search term “suicide,” “self-harm,” or “suicide prevention”].
- YouTube’s Safety Center webpage can be found at <https://support.google.com/youtube> [use the search term “suicide and self-injury”].

If you see messages or live streaming suicidal behavior on social media, call 911 or contact the toll-free National Suicide Prevention Lifeline at 1 (800) 273-TALK (8255), or text the Crisis Text Line (text HOME to 741741) available 24 hours a day, 7 days a week.

Deaf and hard-of-hearing individuals can contact the Lifeline via TTY at 1 (800) 799-4889. All calls are confidential. This service is available to everyone. People—even strangers—have saved lives by being vigilant.

SOURCE: https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq_149986.pdf

September is National Suicide Prevention Month. Learn more at www.eachmindmatters.org

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There is beauty in the journey, regardless of the outcome. Let's grieve and hope and fight together.

MARIE WHITE

COPING/SELF-CARE TOOLS

TIME: 3 p.m. – 4 p.m.

WHERE: For more information, please visit the website at:
<https://www.eventbrite.com/e/117087695449>

In this workshop, Western Youth Service-BHIS will utilize the Zones of Regulation™ to help provide and teach participants about different coping and self-care tools to support with self-awareness and emotional regulation. Everyone has strong emotions from time to time. When our emotions are intense and arise quickly, this can make it hard for us to think straight and make positive choices. This workshop teaches and explores several coping skills to help us be better at helping ourselves in times of managing strong emotions. The purpose of this workshop is to support suicide prevention and awareness.

WHAT SHOULD I DO IF I AM IN CRISIS OR SOMEONE I KNOW IS CONSIDERING SUICIDE?

If you or someone you know has warning signs or symptoms of suicide, particularly if there is a change in the behavior or a new behavior, **get help as soon as possible.**

Often, family and friends are the first to recognize the warning signs of suicide and can take the first step toward helping an at-risk individual find treatment with someone who specializes in diagnosing and treating mental health conditions. If someone is telling you that they are going to kill themselves, do not leave them alone. Do not promise anyone that you will keep their suicidal thoughts a secret. Make sure to tell a trusted friend or family member, or if you are a student, an adult with whom you feel comfortable.

SOURCE: https://www.nimh.nih.gov/health/publications/suicide-faq/tr18-6389-suicideinamericafaq_149986.pdf

September is National Suicide Prevention Month. Learn more at www.eachmindmatters.org

RESOURCES

OC Links

Phone: (855) OC-LINKS (855-625-4657)

Website: www.ochalthinfo.com/oclinks

Languages: English, Spanish, Vietnamese, Farsi; Interpretation for other languages is available via a language translation service.

Hours: Monday – Friday, 8 a.m. – 6 p.m.

OC Links is an information and referral phone and online chat service to help navigate the Behavioral Health Services (BHS) system within the Health Care Agency for the County of Orange. Callers are connected to clinical Navigators who are knowledgeable in every mental health as well as drug and alcohol abuse program within the BHS system. This includes children and adult mental health, alcohol and drug inpatient and outpatient programs, crisis services, and prevention/early intervention programs. Once a program is identified, the Navigator will make every effort to link the caller directly to that program while still on the call.

Suicide Prevention Line

Phone: (877) 7-CRISIS (877-727-4747)

Deaf and Hard of Hearing Text Line: TEXTME

Website: www.didihirsch.org/warning_signs

Languages: English and Spanish; Interpretation for other languages is available via a language translation service.

Hours: 24 hours a day, 7 days a week

The Suicide Prevention Line provides 24-hour, immediate, confidential over-the-phone suicide prevention services to anyone who is in crisis or experiencing suicidal thoughts. The line is also available to support those concerned about others who may be at risk.

Survivor's Support Services

Phone: (714) 547-0885

Website: www.didihirsch.org/suicide-prevention/survivor-support-services-orange-county

Languages: English, Spanish, Korean, Vietnamese and Arabic

The Survivor Support Services program provides support for those who have lost a loved one to suicide and those who have survived a suicide attempt. The program educates the community on suicide prevention and intervention. These services include crisis support bereavement groups.

Know the Signs/National Suicide Prevention Lifeline

Phone: (800) 273-TALK (800-273-8255)

Website: www.suicideispreventable.org (website information is also in Spanish)

Hours: 24 hours a day, 7 days a week

September is National Suicide Prevention Month. Learn more at www.eachmindmatters.org

Learn about more signs of suicide, the words to use to voice concern to those who may be thinking of suicide, and how to get help at www.suicideispreventable.org/ .

NAMI WarmLine (Orange County)

Phone: (877) 910-WARM (877-910-9276)

Website: www.namioc.org/

Languages: Services are available in English, Spanish, Vietnamese, Farsi and other languages.

Hours: 9 a.m. - 3 a.m. (Mon. - Fri.)

10 a.m. - 3 a.m. (Sat. - Sun.)

The NAMI WarmLine provides telephone-based, non-crisis support for anyone struggling with mental health and/or substance abuse issues.

Crisis Assessment Team (Health Care Agency)

Phone: (866) 830-6011

Children's CAT Website: http://ochealthinfo.com/bhs/about/cys/crisis_services

Adult CAT Website: <http://www.ochealthinfo.com/bhs/about/aoabh/catpert>

Languages: Spanish, Vietnamese, Korean and Farsi languages available

Hours: 24 hours a day, 7 days a week

The Crisis Assessment Team (CAT) assists individuals of all ages who are having a psychiatric emergency, are at psychiatric risk, as well as anyone needing psychiatric hospitalization. It's comprised of licensed clinical social workers, marriage and family therapists, and behavioral health specialists who respond to any psychiatric emergency call throughout Orange County. The team can respond to private residences, police stations, clinics, private medical offices, on the street and in the community. Its staff is available to both law enforcement and hospital emergency rooms for intervention with the seriously mentally ill. In addition, CAT members provide information and referrals for family members to community support services.