

School-Based Health Centers Launch Suicide Prevention Month Activities

Throughout the month of September, Alameda Family Services School-Based Health Center staff along with their Youth Advisory Board members (YAB), have been promoting mental health awareness through their annual "You Are Loved" campaign in honor of Suicide Prevention Month.



The campaign has centered on introducing students to information about suicide (including statistics about youth and suicide, common misperceptions about suicide, and suicide prevention strategies and supports) as well as introducing students to the support available at the School-Based Health Centers. It also included a "Be Kind" social media campaign designed to help students express support for others by tagging them names with prompts such as "You Make Me Happy," "I am Grateful for You," and "I am Here for You."

This week, staff and the YAB members are issuing a "Take Action Challenge," through which students will be encouraged to advocate for mental health services and community resources by tagging community members, government officials, and mental health providers/organizations

"Our youth, and everyone in our community, need to know that they are not alone, says Valerie Nicolas, AFS's Health Center Supervisor. "We also need to remember that suicide prevention goes beyond September the same way that it goes beyond just addressing individual self-care. Destigmatizing and prioritizing mental health is a public health issue especially during this time of uncertainty and isolation. It requires healthy connections, community support, and government action."

You can learn more about AFS's suicide prevention outreach in their September [Snapshot newsletter](#). Please note that we also have links to mental health resources and supports on our [COVID-19 Mental Health Resources page](#) and our [Suicide Prevention Information page](#).