

Mental Health Matters

September 2022



Suicide Prevention Awareness Month

Thoughts of suicide can be frightening. But by reaching out for help or checking in with family and friends, we can avoid devastating outcomes.

According to the CDC and NIMH, nearly 46,000 lives were lost to suicide in 2020 alone. Comments or thoughts about suicide, also known as suicidal ideation, can begin small — for example, “I wish I wasn’t here” or “Nothing matters.” But over time, they can become more explicit and dangerous.



Need Mental Health Support?

OPTUM EMPLOYEE ASSISTANCE PROGRAM (EAP) OFFERS **FREE CONFIDENTIAL HELP**

Call toll-free **888-444-8624** any time

OR

Go to www.liveandworkwell.com and browse as a guest using code **CSEBO**

Warning Signs

Here are a few other warning signs of suicide:

- Increased alcohol and drug use
- Aggressive behavior
- Withdrawal from friends, family and community
- Dramatic mood swings
- Impulsive or reckless behavior
- Suicidal behaviors are a psychiatric emergency. If you or a loved one starts to take any of these steps, seek immediate help from a health care provider or call 988 to reach the Suicide & Crisis Lifeline:
- Collecting and saving pills or buying a weapon
- Giving away possessions
- Tying up loose ends, like organizing personal papers or paying off debts
- Saying goodbye to friends and family

If you are unsure, a licensed mental health professional can help assess.

Risk Factors

Research has found that 46% of people who die by suicide had a known mental health condition. Several other factors may put a person at risk of suicide, including but not limited to:

- A family history of suicide
- Substance use: Drugs can create mental highs and lows that worsen suicidal thoughts.
- Intoxication: Analysis from the CDC indicates around 1 in 5 people who die by suicide had alcohol in their system at the time of death.

Full article found at <https://www.nami.org/About-Mental-Illness/Common-with-Mental-Illness/Risk-of-Suicide>





Mental Health Counselors:

Lisa de la O, AMFT:
805.746.6891

LdelaO@santapaulausd.org

Rachael Forbes, LMFT:
805.760.6782

RForbes@santapaulausd.org

Deborah Ujfalusy, LCSW:
805.616.5332

DUjfalusy@santapaulausd.org

In case of an Emergency:

- 911 For Immediate Support
- Ventura County Crisis Team (866) 998-2243 –(24 hours)



How to Talk to Someone About Suicide

Use these tips from the Mental Health First Aid curriculum to talk to someone about suicide.

1. Look for signs and symptoms. Some people considering suicide will exhibit multiple signs, while others won't exhibit any. It's important to know the signs and symptoms of suicide and be on alert when talking to those around you.
2. Ask them directly. If you suspect someone might be at risk of suicide, it's important to directly ask about suicidal thoughts. Do not avoid using the word suicide. You can say things like, "Are you having thoughts of suicide?" or "Are you thinking about killing yourself?"
3. Listen nonjudgmentally. If you believe the person is not in a crisis that needs immediate attention, you can engage them in conversation to see how they are feeling and how long they have been feeling this way. Listen in a kind and respectful way so the person feels comfortable to talk openly without being judged.
4. Let the person know you are concerned and willing to help. Offer the person kindness and attention and let them know you are willing to help them find the support they need. Offer the person resources for professional help, such as through a community leader, therapist, physician or family member. If you are concerned for the person's immediate safety, call 911.

For more information on how to help someone who is suicidal, read this [Mental Health First Aid Guide](#). You can also take a Mental Health First Aid course. The course will teach you how to identify, understand and respond to signs of suicide and depression. With the right information and resources, we can help those around us before it's too late.

Full article found at <https://www.mentalhealthfirstaid.org/2019/10/how-to-talk-to-someone-about-suicide/>

Local and National Resources and Support

911 For Immediate Support

Ventura County Crisis Team (866) 998-2243 –(24 hours)

Suicide Prevention Lines (24 Hours)

- ⇒ National Suicide Prevention Lifeline 988 or (800) 273-8255
- ⇒ Suicide Prevention Crisis Line (877) 727-4747
- ⇒ National Hopeline Network (800) SUICIDE or (800) 784-2433
- ⇒ California Youth Crisis Line (800) 843- 5200 –24 hours, bilingual
- ⇒ TEEN LINE (310) 855-4673 or text TEEN to 839863 – a teen-to-teen hotline with community outreach services, from 6pm-10pm PST daily. Text, email, and message board also available, with limited hours—visit <http://teenlineonline.org> for more information.
- ⇒ **The Trevor Project** (866) 488-7386 – a 24-hour crisis line that provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. Text and chat also available, with limited hours—visit www.thetrevorproject.org for more information.