

# SEPTEMBER IS

## NATIONAL SUICIDE PREVENTION AWARENESS MONTH

### National Suicide Prevention Hotline

Understanding the issues concerning suicide and mental health is an important way to take part in suicide prevention, help others in crisis, and change the conversation around suicide. Evidence shows that providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can all take to help others.



### Know the Risk Factors

Risk factors are characteristics that make it more likely that someone will consider, attempt or die by suicide. They can't cause or predict a suicide attempt, but they're important to be aware of.

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
- Alcohol and other substance use disorders
- Hopelessness
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical illnesses
- Previous suicide attempt(s)
- Family history of suicide
- Job or financial loss
- Loss of relationship(s)
- Easy access to lethal means
- Local clusters of suicide
- Lack of social support and sense of isolation
- Stigma associated with asking for help
- Lack of healthcare, especially mental health and substance abuse treatment
- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
- Exposure to others who have died by suicide (in real life or via the media and Internet)

### Know the Warning Signs

Some signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss or change. If you or someone you know exhibits any of these, seek help by calling the Lifeline.

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings



**If you're concerned about yourself or a friend, don't be afraid to ACT.**

**Acknowledge**  
that you're seeing signs of depression and/or suicide in yourself or others

**Care**  
By letting them know you're worried about them

**Tell**  
Tell a trusted adult

MindWise.org/ACT

## Talking To Your Child

Adolescence is a time when kids often do not open up as much with their parents. Some tips to get the conversation going:

- Ask open-ended questions such as "What was fun at school today?"
- Don't rush to solve their problems. Instead, ask your child what he or she thinks would help the situation.
- Be available and make sure your child knows it. A simple "I'll be at my desk if you decide you want to talk later" may help.
- Try talking in the car. The relaxed atmosphere makes it easier for some kids to open up.

## Three Ways to Foster RESILIENCE IN YOURSELF

As a parent, you spend a lot of time and energy trying to raise your child(ren) to be as happy and resilient as possible. Don't forget that setting an example by being resilient yourself is a powerful way to foster a good attitude in them and will help you too.

- **Reach Out:** Building a strong and positive relationship is vitally important to your health, wellbeing and ability to handle adversity. If making friends is a challenge, participate in your community. You can volunteer, join a faith or spiritual community or get active on an athletic team.
- **Learn From Experience:** Next time you are facing something difficult, think about how you got through a past challenge. Maybe even write about it.
- **Be Proactive:** Don't ignore a problem you are experiencing. Instead, figure out what needs to be done, make a plan and take action. Although it can take time to recover from a major setback, traumatic event or loss, know that your situation can improve if you work at it.

## Crisis Hotlines

Suicide intervention is about knowing the risk factors, warning signs and resources available when you see your student struggling.



### Important Grand View Contact Information

Karis Borsotti, School Counselor

[karis.borsotti@dinuba.k12.ca.us](mailto:karis.borsotti@dinuba.k12.ca.us)

Tasha Rivera, School Psychologist

[tasha.rivera@dinuba.k12.ca.us](mailto:tasha.rivera@dinuba.k12.ca.us)

### Learning, Guidance and Student Support Center

(559) 595-7380

Monday through Friday 7:30am - 4:30pm

1163 E. Magnolia Way, Dinuba, CA 93618

### Dinuba Children's Services

(559) 591-6680

After Hours Crisis: 1-800-320-1616

Monday through Friday 8:00am - 5:00pm

144 South L Street, Dinuba, CA 93618

### Tulare County Crisis Hotline

1(800) 320-1616

### Tulare County Warm Line

1(800) 306-2413

### National Suicide Prevention Lifeline

1(800) 273-8255

Crisis Text Line  
Text HOME to 741741

Trevor Lifeline  
1(866) 488-7386

## **INTERVENCIÓN SUICIDA**

Comprender los problemas relacionados con el suicidio y la salud mental es una forma importante de participar en la prevención del suicidio, ayudar a otros en crisis y cambiar la conversación sobre el suicidio. La evidencia muestra que proporcionar servicios de apoyo, hablar sobre el suicidio, reducir el acceso a los medios de autolesión y hacer un seguimiento con los seres queridos son solo algunas de las acciones que todos podemos tomar para ayudar a los demás.

## **Conozca los factores de riesgo**

Los factores de riesgo son características que hacen que sea más probable que alguien considere, intente o muera por suicidio. No pueden causar o predecir un intento de suicidio, pero es importante tener en cuenta.

- Trastornos mentales, particularmente trastornos del estado de ánimo, esquizofrenia, trastornos de ansiedad y ciertos trastornos de la personalidad
- Trastornos por consumo de alcohol y otras sustancias
- Desesperanza
- Tendencias impulsivas y/o agresivas
- Antecedentes de trauma o abuso
- Enfermedades físicas graves
- Intento(s) de suicidio previo(s)
- Antecedentes familiares de suicidio
- Pérdida laboral o financiera
- Pérdida de relación(es)
- Fácil acceso a medios letales
- Grupos locales de suicidio
- Falta de apoyo social y sensación de aislamiento
- Estigma asociado con pedir ayuda
- Falta de atención médica, especialmente salud mental y tratamiento para el abuso de sustancias
- Creencias culturales y religiosas, como la creencia de que el suicidio es una noble resolución de un dilema personal
- Exposición a otras personas que han muerto por suicidio (en la vida real o a través de los medios de comunicación e Internet)

## **Conozca las señales de advertencia**

Algunos signos pueden ayudarlo a determinar si un ser querido está en riesgo de suicidio, especialmente si el comportamiento es nuevo, ha aumentado o parece estar relacionado con un evento doloroso, pérdida o cambio. Si usted o alguien que conoce exhibe alguno de estos, busque ayuda llamando a lifeline.

- Hablar de querer morir o de suicidarse
- Buscando una manera de suicidarse, como buscar en línea o comprar un arma
- Hablar de sentirse desesperado o no tener ninguna razón para vivir
- Hablar sobre sentirse atrapado o con un dolor insoportable
- Hablar de ser una carga para los demás
- Aumentar el consumo de alcohol o drogas
- Actuar ansioso o agitado; comportarse imprudentemente
- Dormir muy poco o demasiado
- Retirarse o aislarse
- Mostrar rabia o hablar sobre buscar venganza
- Cambios de humor extremos