

Mental Health Matters

September 2023



Suicide Prevention Awareness Month

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.



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**

- 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)

Full article found at <https://1988lifeline.org/how-we-can-all-prevent-suicide/>





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In case of an Emergency:

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



Know the Warning Signs

Some warning 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 Life-line.

- 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

Full article found at <https://988lifeline.org/how-we-can-all-prevent-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.