Santa Paula Unified School District

Mental Health Matters

September 2024

Suicide Prevention Awareness Month

What You Need to Know About Youth Suicide

Suicidal thoughts are common among teens and young adults. In fact, about 11% of young adults (ages 18-25) report that they've had serious thoughts about suicide, and about 1–2% report a suicide attempt during the prior year. These numbers are higher among high school students — nearly 20% report serious thoughts about suicide and 9% report a suicide attempt. Among young adults 15–24 years old in the U.S., the rate of death by suicide in 2019 was about 14 per 100,000 people — slightly higher than one suicide for every 10,000 people in this age group.

These numbers are frightening, but there is also hope — if we can identify and support young people who are experiencing mental health symptoms, including thinking about suicide, we have an opportunity to help prevent tragedy. There is a large gap between the number of young people thinking about suicide (about 1 in 10) and the number who die by suicide (1 in 10,000). In other words, there are 1,000 young people currently struggling with the idea of ending their life for each young person lost to suicide. Most importantly, that means that there are 1,000 opportunities to provide understanding and support to those experiencing difficulties.

Anyone who is having serious or continuing thoughts of suicide, having impulses to self-harm or making plans for suicide needs to be connected to care and support services.

There are quite a few things that have been associated with increased risk for suicide:

Prior suicide attempts

Family history of suicide

History of mental health conditions such as severe depression, anxiety disorders and psychotic disorders

Substance misuse

Impulsivity or aggressiveness

Serious family problems

Breakups or other major relationship losses

Full article found at https://www.nami.org/your-journey/kids-teens-and-young-adults/what-you-need-to-know-about-youth-suicide/

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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**



988 SUICIDE & CRISIS LIFELINE

SPUSD

This newsletter is brought to you by the Mental Health Counselors:

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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 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

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.