Santa Paula Unified School District

Mental Health Matters

September 2026

Suicide Prevention Month

September is National Suicide Prevention Month. Suicide prevention begins long before a crisis occurs. We can all play a role by creating supportive, caring, and connected environments where students, families, and community members feel seen, valued, and comfortable reaching out for help. By learning the warning signs, promoting resilience, strengthening connections, and supporting those who may be struggling, we can work together to create a safer and more supportive community.

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**

OPTUM



Risk Factors

Someone's suicide risk varies as a result of the number and intensity of certain factors, including life circumstances and community conditions. Some factors that may increase the likelihood of suicide can include:

- Previous suicide attempts
- History of depression and other mental illness
- Financial problems or job loss
- Bullying or social isolation
- Lack of access to health care
- Easy access to lethal means, and
- Intimate partner or family relationship problems.

Having these experiences does not predict suicide or suicide attempts. Most people who experience these factors do not attempt or die by suicide.

Protective Factors

Support Systems and healthy connections help reduce suicide risk. These include:

- Coping and problem-solving skills
- Strong sense of cultural identity
- Support from friends and family
- Feeling connected to others, and
- Availability of high-quality health care.

Full Articles Found at:
https://www.cdc.gov/suicide/prevention/index.html#cdc_prevention_pre-prevention-tips

988 SUICIDE & CRISIS LIFELINE



Suicide Awareness

The Santa Paula Unified School District is committed to ensuring that all students are safe within the school setting and has prepared a district protocol to provide district staff with the knowledge and tools necessary to respond to students exhibiting possible signs of suicidal ideation/behavior.

The SPUSD Suicide Prevention Protocol may be found at: https://www.santapaulausd.org/departments1/educational-services/student-support-services/mental-healthsuicide-prevention

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Steps You Can Take to Help

ASK Research shows asking doesn't increase risk, it can help open a path to support.
LISTEN Listen without judgment. Be aware of verbal and non-verbal communication.
PROTECT Take action immediately. Do not leave the student alone. Student should be supervised/monitored at all times by a staff member, not a peer.
MODEL Remain calm. Be aware of your thoughts, feelings, and reactions as you listen without judgment.
HELP THEM CONNECT Encourage them to speak with a mental health professional or contact the 988 Lifeline by calling or texting 988.



Local and National Resources and Support

National Suicide Prevention Lifeline 988 or (800) 273-8255

Suicide Prevention Crisis Line (877) 727-4747

National Hope line 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. Visit www.thetrevorproject.org for more information.

In case of an Emergency:

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