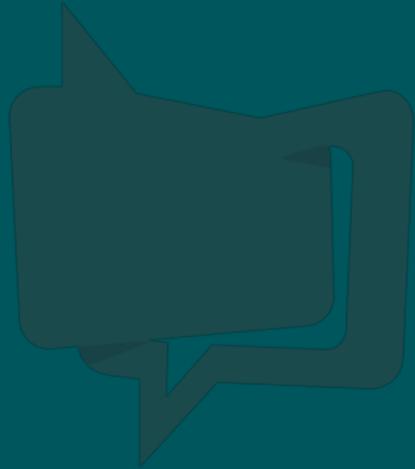


# Is suicide preventable?



Each Mind Matters 2018-2019 webinar series

**Know the Signs >> Find the Words >> Reach Out**



California's Mental Health Movement



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).



Welcome!

- If you called in on the phone, find and enter your audio PIN
- If you have a question, technical problem or comment, please type it into the “chat” box or use the icon to raise your hand.



**Sandra Black, MSW**



**Sandra Black** has worked in suicide prevention in California since 2007. Until 2011 she managed the California Office of Suicide Prevention, which included completion and implementation of the California Strategic Plan on Suicide Prevention. In 2011 she joined the Know the Signs suicide prevention social marketing campaign as a consultant, and has since also joined the Each Mind Matters mental health movement team. She provides technical assistance to counties and community-based organizations around mental health promotion and suicide prevention. She holds an MSW from the University of California, Berkeley and a BS from Cornell University.



**Anara Guard**



**Anara Guard** has worked in suicide and injury prevention since 1993. For the past eight years, she has been a subject matter expert advising Know the Signs and other suicide prevention projects. Previously, she was deputy director at the national Suicide Prevention Resource Center where, among other duties, she led the development of annual grantee meetings for SAMHSA's suicide prevention grantees and oversaw technical assistance. She has presented numerous workshops and trainings for journalists, community members, and the field of suicide prevention at large on how best to communicate about suicide prevention. Her publications include peer-reviewed articles and manuals on alcohol screening and brief intervention, rural suicide postvention, consumer protection approaches to firearm safety, child hyperthermia, violence and teen pregnancy, and more. Ms. Guard earned a master's degree in library and information science and a certificate in maternal and child health.

# Each Mind Matters 2018-19 Webinar Series

Join us for the 2018-2019 **Each Mind Matters** webinar series. This series will provide a deeper understanding of suicide prevention in the workplace, at school and with our Spanish-speaking communities. In addition, we will feature webinars about Mental Health Awareness Month in May and Suicide Prevention Week 2019.

Questions? Please email:  
[info@eachmindmatters.org](mailto:info@eachmindmatters.org)

This webinar series is hosted by **Each Mind Matters: California's Mental Health Movement**, and is part of statewide efforts to prevent suicide, reduce stigma and discrimination related to mental illness, and to promote mental health and wellness. These initiatives are funded by counties with Prop 63 MHSA funds through the California Mental Health Services Authority (CalMHSA), an organization of county governments working to improve mental health outcomes for individuals, families, and communities.

**September 25, 2018** 1PM (English) / 2:30PM (Spanish) PST

**Skills Building: Engaging Latino Communities in Suicide Prevention**

The webinar will provide participants with an in-depth look at the *SanaMente* campaign and resources to educate the Latino community about suicide prevention.

**To register: English:** [attendee.gotowebinar.com/register/1662240972603779842](https://attendee.gotowebinar.com/register/1662240972603779842)

**To register: Spanish:** [attendee.gotowebinar.com/register/6909583250350834690](https://attendee.gotowebinar.com/register/6909583250350834690)

**October 23, 2018** 1PM PST

**Suicide Prevention: Youth Suicide Prevention in Schools and Communities**

This webinar will provide attendees with information and resources to help schools, parents and communities work together for youth suicide prevention.

**To register:** [attendee.gotowebinar.com/register/8185639062151443714](https://attendee.gotowebinar.com/register/8185639062151443714)

**November 13, 2018** 1PM PST

**Suicide Prevention in the Workplace**

The webinar will present the rationale for suicide prevention in the workplace. An overview of best practices and resources to support workplace suicide prevention strategies will be provided.

**To register:** [attendee.gotowebinar.com/register/2683796126457115138](https://attendee.gotowebinar.com/register/2683796126457115138)

**February 12, 2019** 1PM PST

**Is Suicide Preventable?**

The webinar will review comprehensive suicide prevention approaches, including postvention after suicide, and discuss how to maintain energy and hope when the going gets tough.

**To register:** [attendee.gotowebinar.com/register/6632742715152024065](https://attendee.gotowebinar.com/register/6632742715152024065)

**March 26, 2019** 1PM PST

**Learning Exchange: Community Engagement for May is Mental Health Awareness Month**

This webinar will introduce the 2019 Each Mind Matters Toolkit and feature Mental Health Awareness Month activities and strategies.

**To register:** [attendee.gotowebinar.com/register/4358905389909356546](https://attendee.gotowebinar.com/register/4358905389909356546)

**June 18, 2019** 1PM PST

**Suicide Prevention Week 2019: Tools, Activity Ideas and Resources**

The webinar will review materials available to support your suicide prevention efforts during National Suicide Prevention Awareness Week (September 8-12, 2019), World Suicide Prevention Day (September 10), and throughout the month and year.

**To register:** [attendee.gotowebinar.com/register/362006900106480130](https://attendee.gotowebinar.com/register/362006900106480130)



[#eachmindmatters](#)



[@eachmindmatters](#)



[#eachmindmatters](#)



Funded by counties through the Mental Health Services Act (Proposition 63), approved by voters.

View all previous Each Mind Matters webinars, presentations, and other resources at: [EMMResourceCenter.org](http://EMMResourceCenter.org)



“Is suicide preventable?”

**Suicide rates rose across the U.S. in all states but one**

---

**2018 brought two more high profile deaths**

---

**Many feel economic stress and disconnection from one another**



**Polarized and contentious** cultural and political environment

---



**Natural disasters** seem more common and more deadly

---



**Despite all our efforts things seem to be getting worse...**

# Why is the problem of suicide so persistent?

- Success can be hard to measure.
- Causes of suicide are complex, and many of the factors that lead to it are not easy to fix.
- Knowing the signs and raising awareness is not enough.
- Reaching the populations with the highest rates is very challenging and under-resourced.
- Although the mental health system has largely taken the lead, a comprehensive approach is necessary to make a difference.

# Suicide rising across the US

## More than a mental health concern

Suicide is a leading cause of death in the US. Suicide rates increased in nearly every state from 1999 through 2016. Mental health conditions are often seen as the cause of suicide, but suicide is rarely caused by any single factor. In fact, many people who die by suicide are not known to have a diagnosed mental health condition at the time of death. Other problems often contribute to suicide, such as those related to relationships, substance use, physical health, and job, money, legal, or housing stress. Making sure government, public health, healthcare, employers, education, the media and community organizations are working together is important for preventing suicide. Public health departments can bring together these partners to focus on comprehensive state and community efforts with the greatest likelihood of preventing suicide.

States and communities can





How do we sustain momentum for  
suicide prevention?

**There are reasons for hope!**

**There are effective strategies and programs**

**Most people believe suicide is preventable and want to help**

**Suicidology is a dedicated and active field**

**Media coverage has improved a lot**

**Suicide is more openly discussed**

# Effective suicide prevention

|  <b>Preventing Suicide</b> |   |
|---|---|
| <b>Strategy</b>   | <b>Approach</b>   |
| <b>Strengthen economic supports</b>   | <ul style="list-style-type: none"> <li>• Strengthen household financial security</li> <li>• Housing stabilization policies</li> </ul>   |
| <b>Strengthen access and delivery of suicide care</b>   | <ul style="list-style-type: none"> <li>• Coverage of mental health conditions in health insurance policies</li> <li>• Reduce provider shortages in underserved areas</li> <li>• Safer suicide care through systems change</li> </ul>  |
| <b>Create protective environments</b>   | <ul style="list-style-type: none"> <li>• Reduce access to lethal means among persons at risk of suicide</li> <li>• Organizational policies and culture</li> <li>• Community-based policies to reduce excessive alcohol use</li> </ul> |
| <b>Promote connectedness</b>  | <ul style="list-style-type: none"> <li>• Peer norm programs</li> <li>• Community engagement activities</li> </ul>   |
| <b>Teach coping and problem-solving skills</b>  | <ul style="list-style-type: none"> <li>• Social-emotional learning programs</li> <li>• Parenting skill and family relationship programs</li> </ul>  |
| <b>Identify and support people at risk</b>  | <ul style="list-style-type: none"> <li>• Gatekeeper training</li> <li>• Crisis intervention</li> <li>• Treatment for people at risk of suicide</li> <li>• Treatment to prevent re-attempts</li> </ul>                                 |
| <b>Lessen harms and prevent future risk</b>   | <ul style="list-style-type: none"> <li>• Postvention</li> <li>• Safe reporting and messaging about suicide</li> </ul>   |

# Effective suicide prevention

- Early recognition and treatment of depression
- Cognitive Behavioral Therapy for Suicide Prevention
- Dialectical Behavioral Therapy
- Collaborative Assessment and Management of Suicidality
- Caring Contacts
- Early intervention, e.g. Good Behavior Game, PIER model
- Safety planning
- Counseling on Access to Lethal Means
- Suicide prevention hotlines
- Gatekeeper training



**Appendix: Summary of Strategies and Approaches to Prevent Suicide**

| Strategy                                       | Approach/Program, Practice or Policy                       | Suicide | Suicide Attempts or Mortality | Other Risk/Protective Factors for Suicide | Lead Sector?                       |
|--|--|---------|-------------------------------|---|------------------------------------|
| Strengthen economic supports                   | Strengthening household financial security                 |         |                               |   |                                    |
|  | Unemployment benefit programs                              |         |                               |   |                                    |
|  | Other income supports                                      |         |                               |   |                                    |
| Strengthen access and delivery of suicide care | Mental health services                                     |         |                               |   | Government (local, state, federal) |
|  | Behavioral health integration in health insurance policies |         |                               |   | Business/Labor                     |
|  | Behavioral health integration in underserved areas         |         |                               |   | Government (local, state, federal) |
|  | Suicide prevention services (SIPS)                         |         |                               |   | Government (local, state, federal) |
|  | Emergency Department (ED) Care                             |         |                               |   | Government (local, state, federal) |
|  | Reduce access to lethal means among persons at risk        |         |                               |   |                                    |
| Create protective environments                 | Emergency Department (ED) Care                             |         |                               |   | Healthcare                         |
|  | Emergency Department (ED) Care                             |         |                               |   | Social Services                    |
|  | Organizational policies and culture                        |         |                               |   | Government (local, state, federal) |
|  | Community-based policies to reduce excessive alcohol use   |         |                               |   | Public Health                      |
| Promote resilience                             | Peer support programs                                      |         |                               |   | Healthcare                         |
|  | Source of Strength   |         |                               |   | Government (local, state, federal) |
|  | Community engagement activities                            |         |                               |   | Government (local, state, federal) |
|  | Growing secure urban spaces                                |         |                               |   | Public Health                      |

# U.S. Air Force Suicide Prevention Program



[Am J Public Health](#). 2010 December; 100(12): 2457–2463.

PMCID: PMC2978162

doi: [10.2105/AJPH.2009.159871](https://doi.org/10.2105/AJPH.2009.159871)

PMID: [20466973](https://pubmed.ncbi.nlm.nih.gov/20466973/)

## The US Air Force Suicide Prevention Program: Implications for Public Health Policy

[Kerry L. Knox](#), PhD,<sup>✉</sup> [Steven Pflanz](#), MD, [Gerald W. Talcott](#), PhD, [Rick L. Campise](#), PhD, [Jill E. Lavigne](#), PhD, [Alina Bajorska](#), MS, [Xin Tu](#), PhD, and [Eric D. Caine](#), MD

“The AFSPPP effectively prevented suicides in the US Air Force. The long-term effectiveness of this program depends upon extensive implementation and effective monitoring of implementation. Suicides can be reduced through a multilayered, overlapping approach that encompasses key prevention domains and tracks implementation of program activities.”

## As of June 2017, Campus, State, & Tribal Grantees



Trained **1,304,600** people



Implemented **35,301** tra

# GARRETT LEE SMITH YOUTH SUICIDE EARLY INTERVENTION AND PREVENTION STRATEGIES NATIONAL OUTCOMES EVALUATION

**Fiscal Year 2017  
Report to Congress**  
June 2018

### Highlights along the Pathway to Care



State and tribal GLS grantees have identified 60,564 youth as at risk for suicide through trained gatekeepers or screenings.

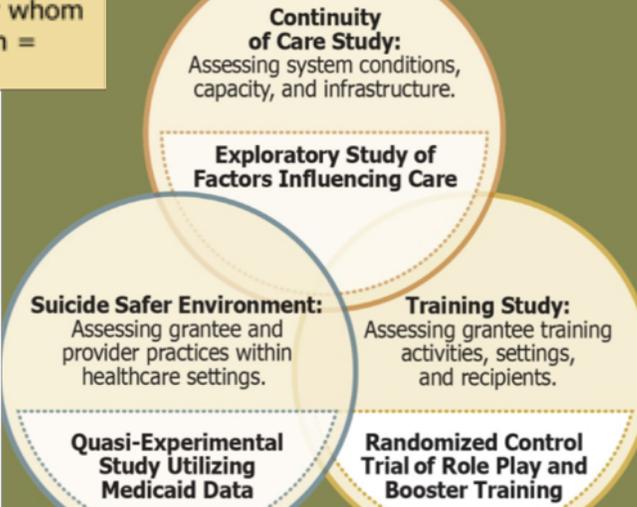
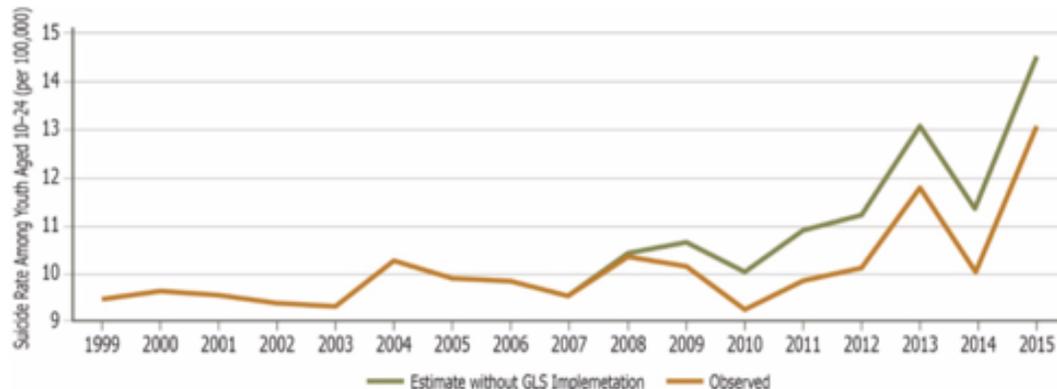


Nearly all youth identified as at risk for suicide were referred for services (86 percent\*; n = 46,803/54,708).



Eighty seven percent\* of those referred to mental health services, and for whom data are available, had received services within 3 months of the referral (n = 30,784/35,209).

**Exhibit 12. Difference between observed youth suicide rate and estimated rate in absence of the GLS Programs in rural counties**





**ZERO**Suicide  
IN HEALTH AND BEHAVIORAL HEALTH CARE

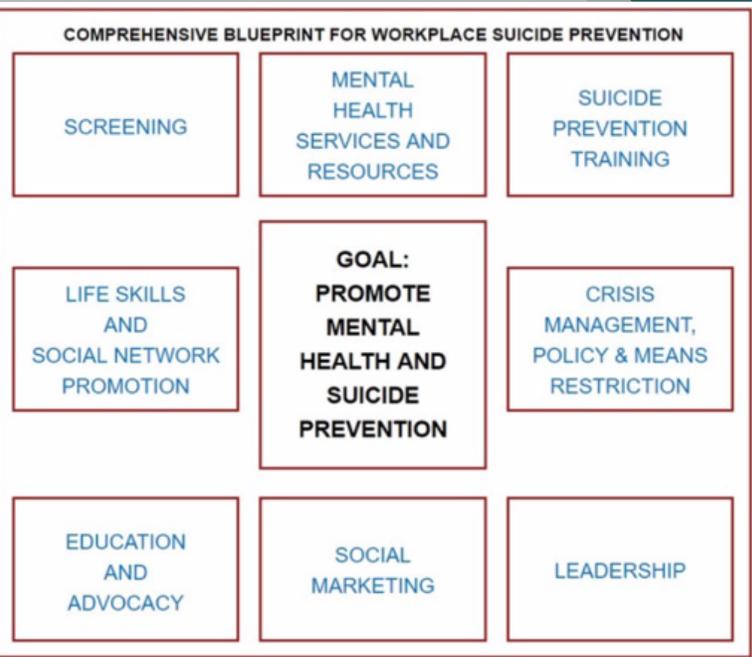
#BeThe1To  
If you think someone might be considering suicide, be the one to help them by taking these 5 steps:

**ASK. KEEP THEM SAFE. BE THERE. HELP THEM CONNECT. FOLLOW UP.**

Find out why this can save a life at [www.BeThe1To.com](http://www.BeThe1To.com)  
If you're struggling, call the Lifeline at **1-800-273-TALK (8255)**

**DOWNLOAD KIT**

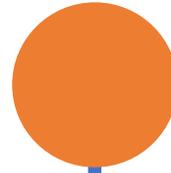
CREATED BY: [NATIONAL SUICIDE PREVENTION LIFELINE](#)



National initiatives based on effective approaches

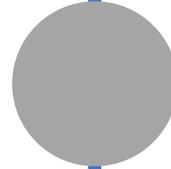
# Means Matter

Examples from around the world...



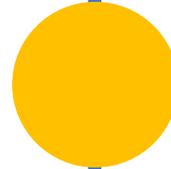
## Availability of highly lethal pesticides

Sri Lanka, parts of Asia and the Pacific Islands



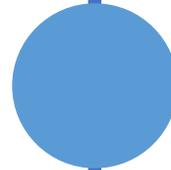
## Changing from coal gas to natural gas

United Kingdom



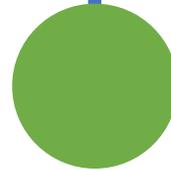
## Bridge barriers

Australia, Washington DC, Switzerland, New Zealand, Canada



## Packaging medications

United Kingdom

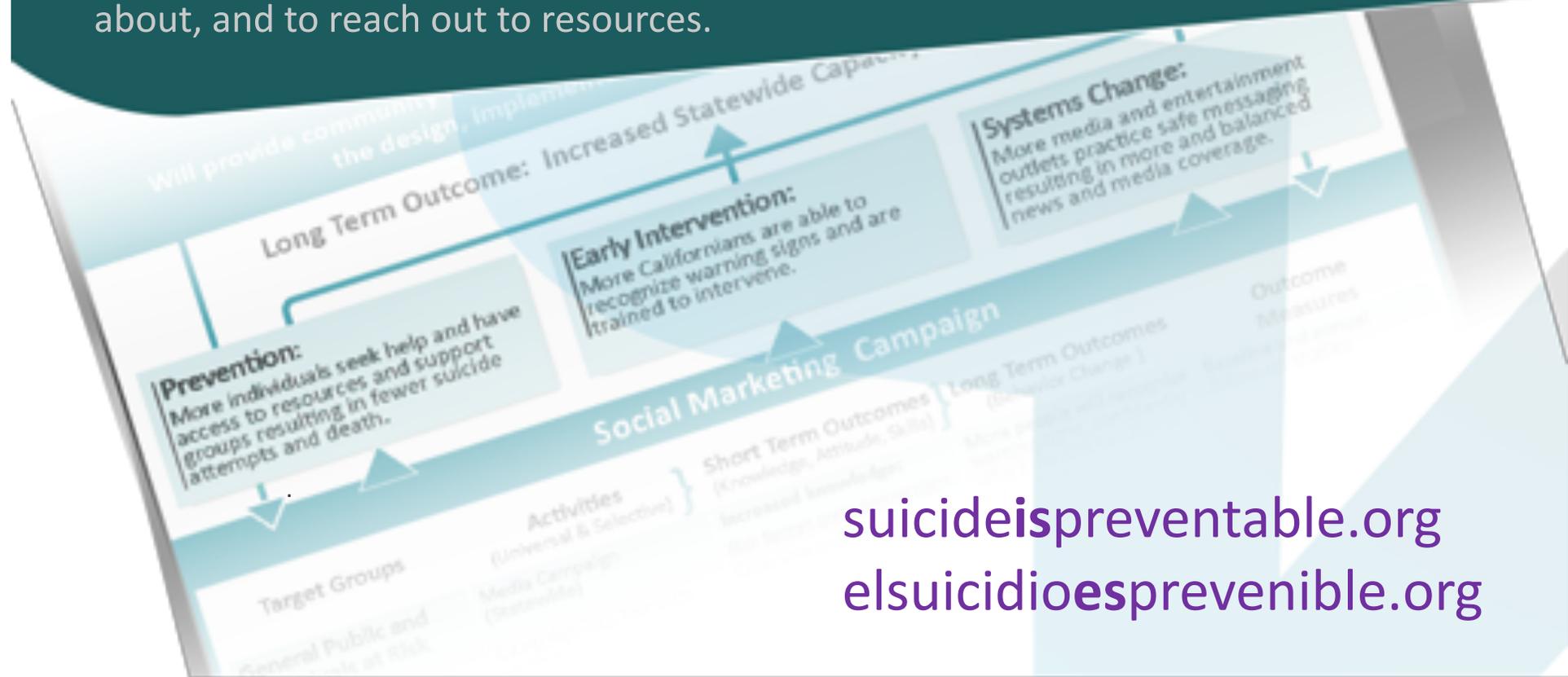


## Firearms in the home

United States

Know the Signs is a statewide suicide prevention social marketing campaign with the overarching goal to increase Californians' capacity to prevent suicide by encouraging individuals to know the signs, find the words to talk to someone they are concerned about, and to reach out to resources.

# KNOW THE SIGNS



[suicideispreventable.org](http://suicideispreventable.org)  
[elsuicidioesprevenible.org](http://elsuicidioesprevenible.org)

# Social Marketing Can Also Be Effective

Know the Signs is a statewide suicide prevention social marketing campaign with the overarching goal to increase Californians' capacity to prevent suicide by encouraging individuals to know the signs, find the words to talk to someone they are concerned about, and to reach out to resources.

The logo for the 'Know the Signs' campaign. It features the word 'KNOW' in large, white, sans-serif capital letters. The letter 'O' is replaced by a stylized speech bubble icon with a blue outline and a white fill. Below 'KNOW' is the phrase 'THE SIGNS' in a smaller, white, sans-serif font.

**50%**  
Californians were exposed to the Know the Signs campaign that was rated by an expert panel to be aligned with best practices and one of the best media campaigns on the subject.

"The results provide further evidence that the Know the Signs campaign is making Californians **more confident in their ability to intervene** with someone at risk of suicide."  
(RAND Corporation, 2015)

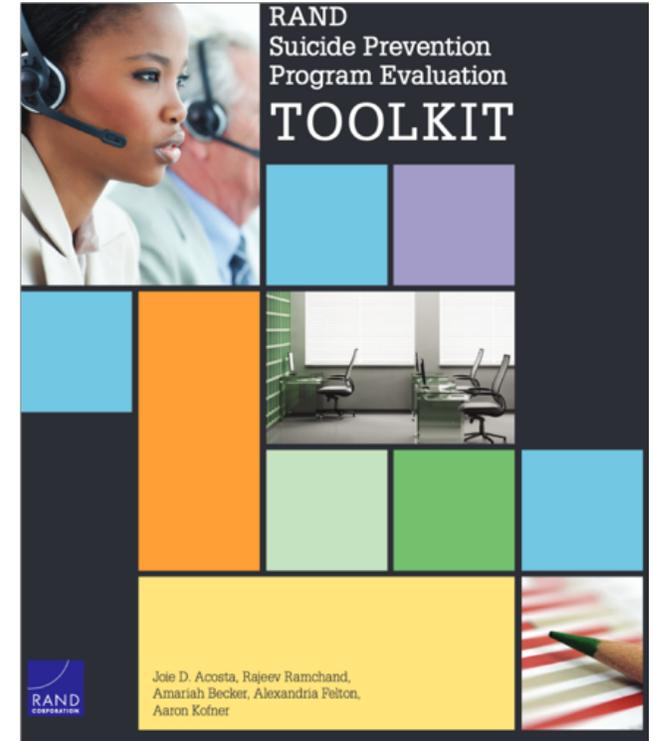
Efforts to raise awareness have worked

**94% of Americans  
think suicide is  
preventable**

Source: <https://afsp.org/harrispoll/>

# Measuring success is hard -- but not impossible

- The field is actively developing – be a part of the solution!
- Evaluating your programs helps develop the evidence-base and provides impetus and inspiration for others
- Evaluation resources are available to support you





How do you know what you  
are doing is working?

# Suicidology is a dedicated and active field



## RESEARCH SUMMARY

### A Look Back at Research Summaries in 2018

Lethal Means Counseling in Hospital Emergency Departments--*American Journal of Preventive Medicine*

Suicidal Ideation and Suicide Attempts among Court-Involved, Non-Incarcerated Youth--*Journal of Forensic Psychology Research and Practice*

Classifying Drug Intoxication Deaths as Suicides--*PLOS One*

Sexual or Gender Minority Status and Suicide Attempts among Veterans Seeking Treatment for Military Sexual Trauma--*Psychological Services*

Safety Planning Intervention versus Usual Care--*JAMA Psychiatry*



# Media coverage has improved

## Creating connections: Solutions to youth suicide in La Plata County

Written stories by Mary Shinn, Durango Herald staff writer  
Audio stories by Sarah Flower, KDUR  
Photographs by Jerry McBride, Durango Herald photo editor  
Editing by David Buck, Durango Herald assistant city and digital editor  
Assistant editing by Amy Maestas, Durango Herald executive editor;  
and Shane Benjamin, Durango Herald city editor

Newsweek

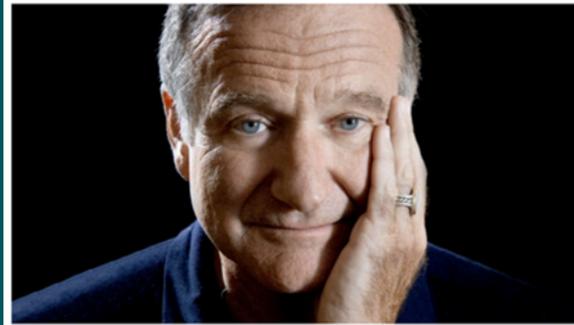
### ROBIN WILLIAMS LEFT 'UNPRECEDENTED' MARK ON SUICIDE HOTLINES

BY ZACH SCHONFELD ON 8/11/15 AT 4:00 PM

#### Robin Williams' Legacy, and Its Impact on Suicide Prevention

| Robert Gebbia, CEO

f 6.5K   t 296   G+ 1   in 222





# We see compassionate responses more often

 **Lisa Newman**  
9 hrs · 👤

Don't ask if a friend obviously in need, needs help. Barge in —

TWITTER.COM

**Sheila O'Malley on Twitter**

"My good friend David - whom I've known since high school - knew I was struggling and he felt helpless. He said "you are loved" "we need you". I was like, "Doesn't matter, but thanks." So he took a risk. It very well could have ended badly. I could have lashed out. /2"

 **Caissie St. Onge** ✓  
@Caissie

So many messages telling those who are struggling to reach out. Fair enough, but part of what depression does is mutes your ability to reach. If you are NOT depressed & you see someone struggling, YOU reach out. If you don't see someone who used to be around, YOU reach out.

6/8/18, 9:04 AM

  
On June 8, 2018, we lost a friend and colleague to suicide.

 **Matthew Zuckerman** @matthew608b · Jun 8

Always available to talk to a friend or coworker about #mentalhealth #suicide etc. I've been on both sides of that conversation and shame is not your friend. #crazysocks4docs

 **Richard Byyny** @rbyyny

Let's start the conversation with our colleagues about mental health for all doctors - bit.ly/2Jcad7K

1 in 5 doctors have depression...

🗨️ 2 ❤️ 6 ✉️

# 2018 SUICIDE PREVENTION SUMMIT

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The Hero In Each of Us:  
Finding Your Role in Suicide Prevention

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# Mental health as a social justice issue

Health insurance is a mental health issue. I can't help a client who can't afford to see me.

Housing is a mental health issue. I can't use therapy to help a client whose depression and anxiety come directly from sleeping in the streets.

Food insecurity is a mental health issue. I can't help a client who isn't taking their medication because their pills say "take with food" and they have nothing to eat.

Healthcare is a mental health issue. I can't help a client whose "depression" is actually a thyroid condition they can't afford to get treated.

Wages are a mental health issue. I can't help a client whose anxiety comes from the fact that they are one missed shift away from not being able to make rent.

Child care is a mental health issue. I can't help a client who works 80 hours per week to afford daycare, and doesn't have the time or energy left to come see me.

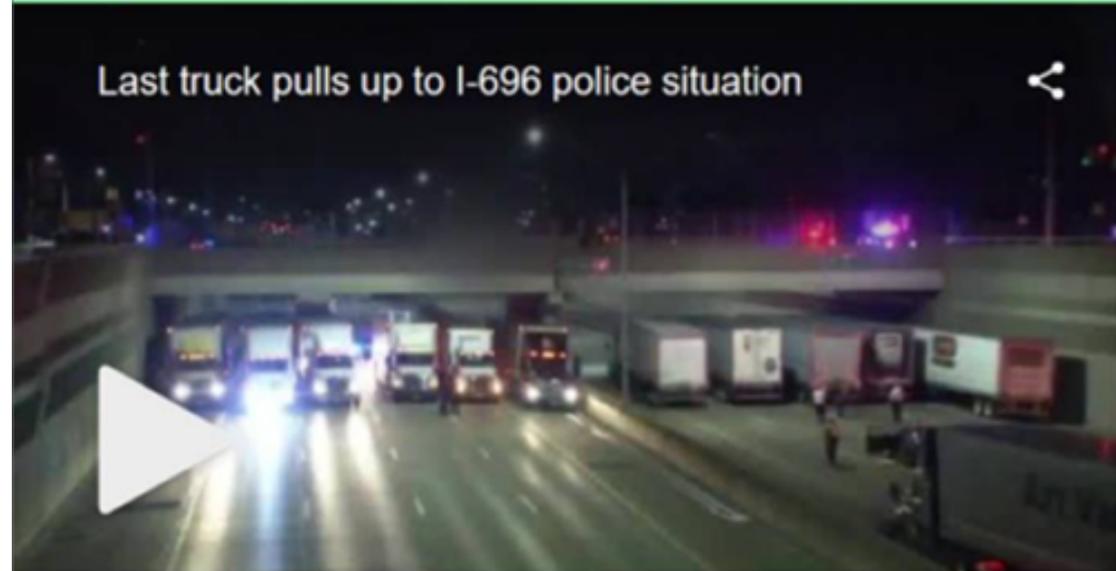
Drug policing is a mental health issue. I can't help a client who ended up in prison because they got caught self-medicating with illegal substances.

Police brutality is a mental health issue. I can't help a client whose 'anxiety' is a very real and justified fear of ending up as a hashtag.

If you're going to make a stand for improving mental health, you have to understand that addressing mental health goes way beyond hiring more therapists and talking about mental health on social media. If we're really serious about tackling this mental health problem as a country, it means rolling up our sleeves and taking down the barriers that prevent people from getting the help they need - even if those people are different than us, lead different lives, and make choices we don't agree with.

## 13 semis line Detroit freeway to help man considering suicide

Last truck pulls up to I-696 police situation



OAK PARK, Mich. (WJBK) - If you or a loved one is feeling distressed, call the National Suicide Prevention Lifeline. The crisis center provides free and confidential emotional support 24 hours a day, 7 days a week to civilians and veterans. Call the National Suicide Prevention Lifeline at 1-800-273-8255. Or text to 741-741

[CLICK HERE for the warning signs and risk factors of suicide.](#) Call 1-800-273-TALK for free and confidential emotional support.



“Is suicide preventable?”

# Support after suicide loss



Annabelle

00:27

EachMind MATTERS

Stay Informed

GET HELP NOW

Subscribe

vimeo

A Vimeo video player is shown in a dark grey frame. The video content features a man in a white shirt and cap holding a baby. A speech bubble above the baby says "Cheese!". The video player includes a play button, a progress bar at 00:27, and various control icons. Below the video player, the name "Annabelle" is visible. At the bottom of the slide, there is a green banner with the logo "EachMind MATTERS" and a "GET HELP NOW" button. To the right of the banner, the text "Stay Informed" is above a green "Subscribe" button.

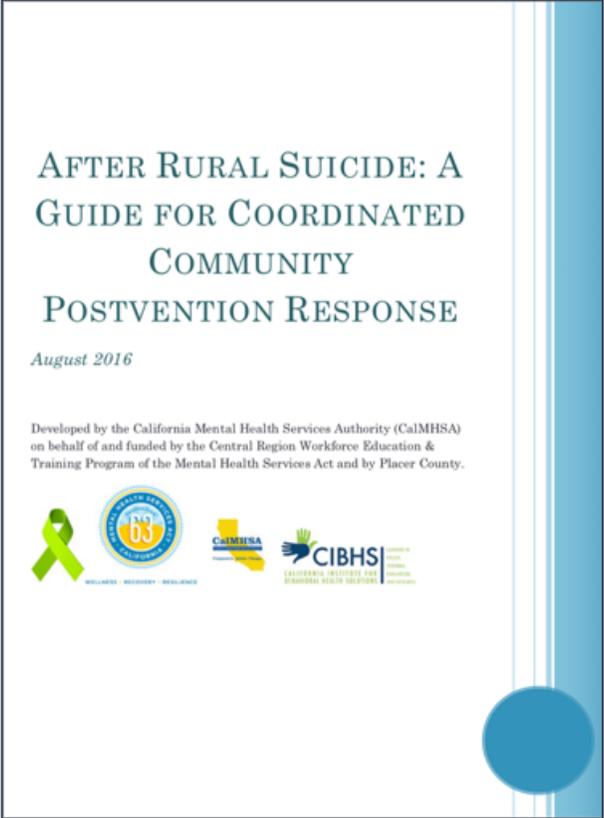


# What helps after a suicide?



- Organized, quick and empathic response
- Support is available to promote healing among those affected
- How a suicide is handled by the school, community, workplace
- How a suicide is portrayed publicly and in the media

# Community Postvention Response



Sustaining energy and  
inspiration on a personal  
level

**Acknowledge the work is  
hard**

**Connect with the field**

**You don't need to have all the answers**

**Practice self care**

**Seek out stories of recovery, resilience**

# Connection



American Association of Suicidology <SUICIDOLOGY@LISTS.APA.  
SUICIDOLOGY@LISTS.APA.ORG  
Wednesday, February 6, 2019 at 9:02 PM  
[Show Details](#)

There are 3 messages totaling 1585 lines in this issue.

Topics of the day:

1. Resources for adults with developmental and intellectual disabilities
2. CDC funding opportunity
3. Fwd: Free Webinar on February 12th from United Survivors



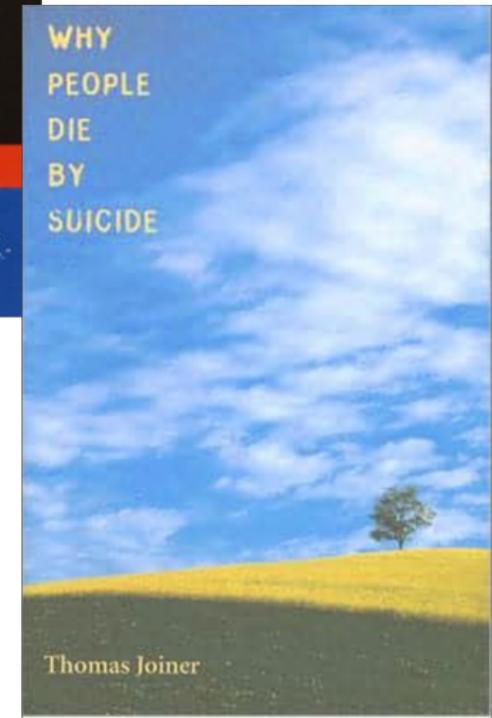
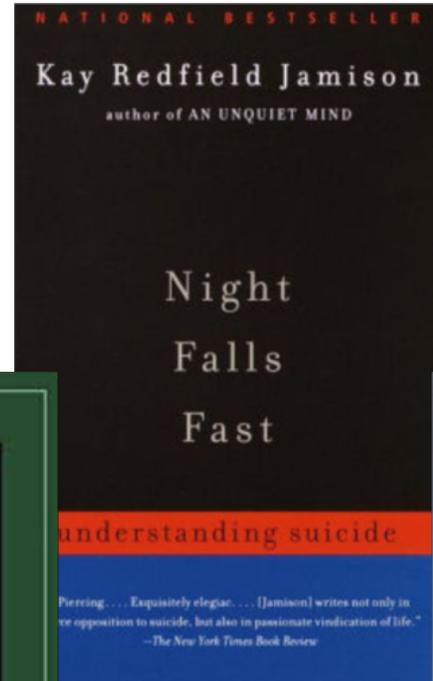
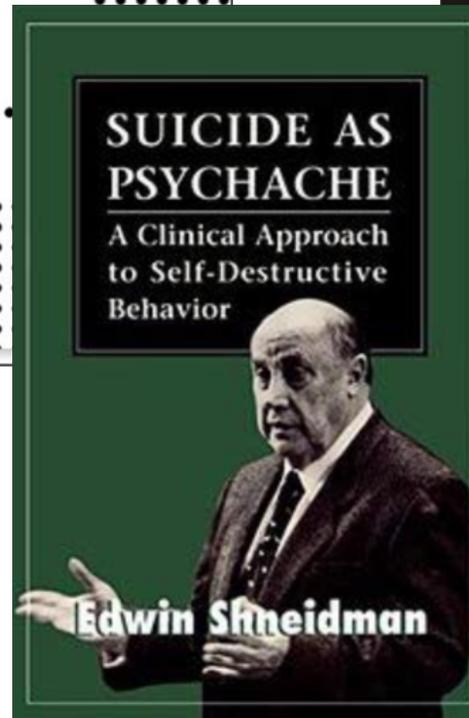
Welcome to the "zerosuicide" mailing list



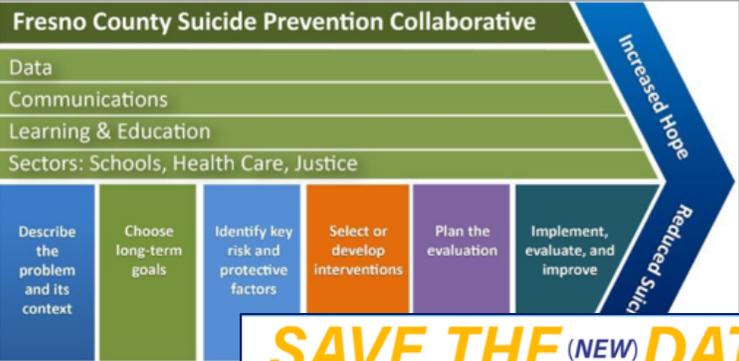
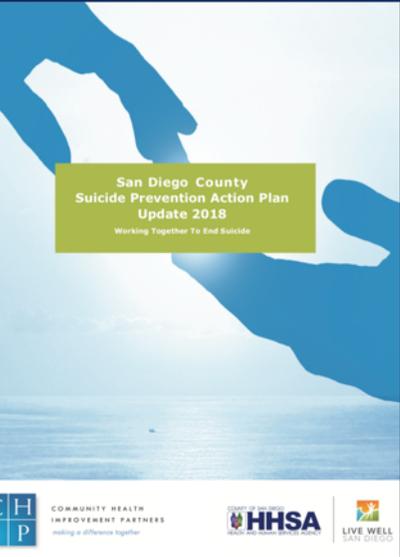
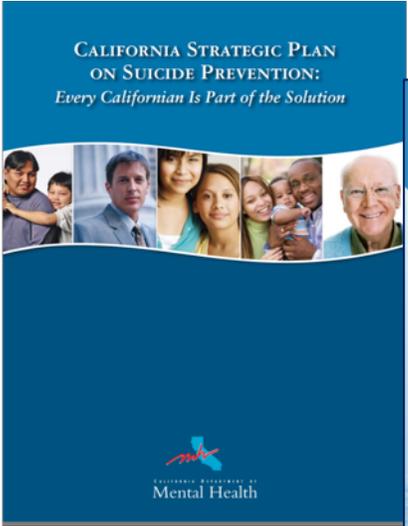
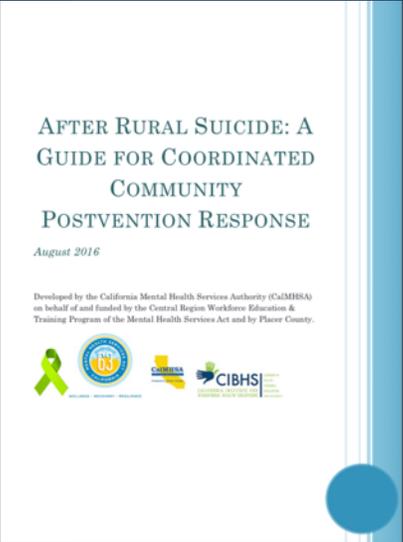
zerosuicide <zerosuicide-bounces@mailman.edc.org>  
zerosuicide-request@mailman.edc.org  
sandra@suicideispreventable.org  
Wednesday, February 28, 2018 at 12:38 PM



# Knowledge



# Tools



**SAVE THE (NEW) DATE**  
**SPTF Strategic Planning Retreat**

**Thursday, April 19th**  
**9 a.m. - 4 p.m.**

**Woodland Baptist Church**  
 1436 S Woodland St.  
 Visalia, CA 93277

To register and for more information, visit [www.sptf.org](http://www.sptf.org)

The SPTF Strategic Planning Retreat is open to anyone. Newcomers are welcome!

**SPTF STRATEGIC PLANNING RETREAT**  
**ACTIVITIES TO INCLUDE:**

- Review of Structure, Programing, Goals and Objectives,
- Funding Allocation and Trainings Offered

More Tools!

**NATIONAL Action Alliance FOR SUICIDE PREVENTION**

Prepared by the Transforming Communities Priority Group of the National Action Alliance for Suicide Prevention

# TRANSFORMING COMMUNITIES

Key Elements for the Implementation of Comprehensive Community-Based Suicide Prevention

The cover features a colorful illustration of a community scene. In the foreground, several people are walking and riding bicycles on a paved path. In the background, there are various buildings, including a church with a steeple, a school, and residential houses. A park area with trees and a fountain is also visible. The overall scene is bright and active, representing a healthy, walkable community.

**Preventing Suicide:**  
A Technical Package of Policy, Programs, and Practices

The cover features a collage of hexagonal images. One hexagon shows an older man with glasses talking on a mobile phone. Another shows a woman sitting on a set of stairs, looking thoughtful. A third shows a man and a woman working together in a garden. A fourth shows a group of people, possibly a family, in an outdoor setting. The background is a light beige color with a pattern of overlapping hexagons in various colors (purple, orange, blue, yellow).

National Center for Injury Prevention and Control  
Division of Violence Prevention

# Self Care





What inspires you?

# Resources

- CDC Technical Package:  
<https://stacks.cdc.gov/view/cdc/44275>
- RAND Suicide Prevention Evaluation Toolkit:  
<https://www.rand.org/pubs/tools/TL111.html>
- AAS Suicidology list: <http://lists.apa.org/cgi-bin/wa.exe?A0=SUICIDOLOGY>
- SPRC Weekly SPARK: [www.sprc.org](http://www.sprc.org)
- After Rural Suicide: A guide for community postvention  
<https://www.cibhs.org/pod/after-rural-suicide>

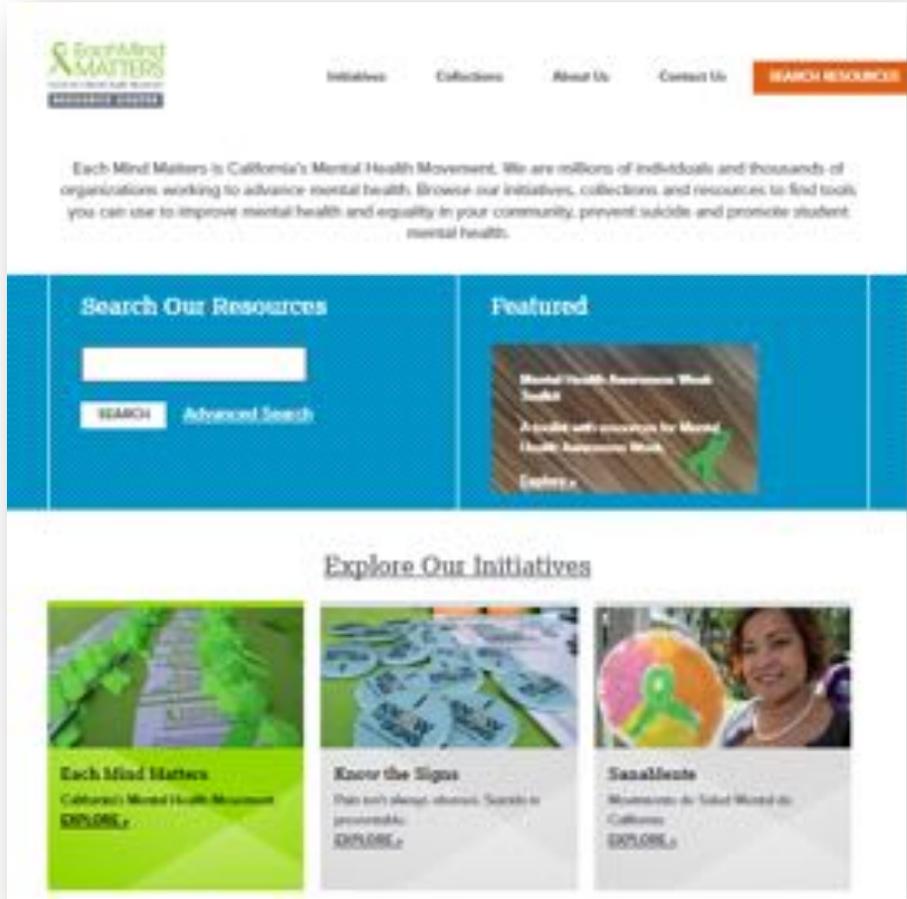
# Resources



[www.suicideispreventable.org](http://www.suicideispreventable.org)

[www.elsuicidiodoesprevenible.org](http://www.elsuicidiodoesprevenible.org)

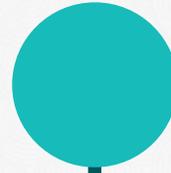
# Each Mind Matters Resource Center



<https://emmresourcecenter.org/>



# Takeaways...



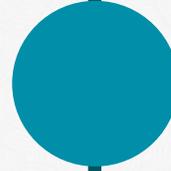
## **Suicide is preventable**

when effective strategies are in place and accessible to those at highest risk.



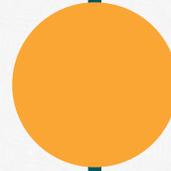
## **Suicide is not just a mental health problem**

the whole community has a role to play.



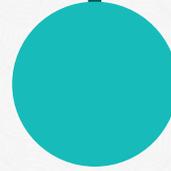
## **What happens after a suicide**

is as important as prevention.



## **We need to hear more about the successes**

not just the tragedies.



## **Put on your oxygen mask first**

before you try to help others.



Q&A

# Thank you!

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Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).