Suicide Prevention Week 2020

Know the Signs >> Find the Words >> Reach Out
Together.

Each Mind Matters is millions of individuals and thousands of organizations working to advance mental health. We are California’s Mental Health Movement.
• Please **mute** your line

• If you have a **question**, **technical problem** or **comment**, please type it into the “Questions” box or “raise your hand” by clicking the hand logo on your control panel

We will be recording this presentation and you will receive a copy of the recording and the slides.
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 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)
Every day, friends, family and co-workers suffer from the invisible wounds of emotional pain. Talking about this pain, feelings of suicide or the need for help may be too difficult, and although their pain may go unseen, many people thinking of suicide show some type of signs. They may be subtle, but they are there.

By recognizing these signs, finding the words, and reaching out, you have the power to make a difference and the power to save a life.

suicideispreventable.org
elsuicidioesprevenible.org
Pain isn’t always obvious, but most suicidal people show some signs that they are thinking about suicide. The signs may appear in conversations, through their actions, or in social media posts. If you observe one or more of these warning signs, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change, step in or speak up.

If any of these signs are present, call the National Suicide Prevention Lifeline at 1-800-273-8255.

- Talking about death or suicide
- Seeking methods for self-harm, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason

"He kept showing me things around his apartment when I came over, like where he kept his keys, money, important papers, and even his will. But he was only 28 years old. When I questioned him, he said 'I'm telling you just in case I'm not here anymore.'"

Giving away possessions
They give away prized or favorite possessions.
"Are you thinking of ending your life?" Few phrases are as difficult to say to a loved one. But when it comes to suicide prevention, none are more important. Here are some ways to get the conversation started.

1. Start the conversation
2. Listen, express concern, reassure
3. Create a safety plan
4. Get help

WHAT NOT TO SAY
REACH OUT

You are not alone in helping someone in crisis. There are many resources available to assess, treat and intervene. Crisis lines, counselors, intervention programs and more are available to you, as well as to the person experiencing the emotional crisis.

County Resources

San Diego
Crisis Lines
2-1-1
2-1-1
24/7 stigma-free phone service

San Diego Access & Crisis Line
888-724-7240
Free 24 hours a day/ 7 days a week this serves as a suicide prevention/intervention hotline. It provides mental health crisis intervention and information and referral to mental health services in San Diego County, including referrals to mental health care professionals and alcohol treatment and recovery services. Service is available in multiple languages.

Programs
It's Up to Us Campaign
http://www.up2sd.org/
The It's Up to Us campaign is designed to empower San Diegans to talk openly about mental illness, recognize symptoms, utilize local resources and seek help. By raising awareness and providing access to local resources, the program aims to reduce stigma.
LAS SEÑALES

El sufrimiento no siempre se nota, pero la mayoría de las personas suicidas muestran algunas señales de lo que están pensando. Las señales se pueden manifestar por medio de conversaciones, en su manera de actuar o en sus comentarios en las redes sociales. Si observa, aunque sea una de estas señales, especialmente si nota que el comportamiento es algo nuevo, que ha incrementado o que parece ser a causa de una pérdida, un cambio o un evento trágico, actúe o diga algo inmediatamente.

If one of the warning signs is present, call the National Prevention Network.
Suicide Prevention Resources

A wide range of mental health and suicide prevention educational resources are available for diverse communities across the lifespan:

- African American
- API youth
- Cambodian
- Chinese
- Filipino
- General public
- Hmong
- Individuals in crisis
- Korean
- Lao
- LGBTQ youth and young adults
- Middle aged men
- Spanish-speaking
- Vietnamese
- Russian
- Punjabi

EMMResourceCenter.org
• MY3 mobile app (my3app.org)
• Training Resource Guide for Suicide Prevention in Primary Care Settings (Train the Trainer)
• Making Headlines: Preparing you to reach out and respond to local media for suicide prevention
• Pathways to Purpose and Hope: A guide to create a sustainable program for survivors of suicide loss
• Directory of Survivor of Suicide Loss Support Groups
• How to use social media for suicide prevention
# SuicidePreventionWeek2020

Hope, Resilience & Recovery

suicideispreventable.org

Hope, Resilience & Recovery

Suicide Prevention Week: September 6-12, 2020
World Suicide Prevention Day September 10
National Recovery Month September

suicideispreventable.org
Suicide Prevention Activation Kit 2020- General Public

The Online Activation Kit Includes:

• Virtual Activity Guide
• Proclamation Template (English)
• Social Media Posts (English and Spanish)
• Suicide Prevention Week Poster (English and Spanish)
• Digital Banners (English and Spanish)
• Drop-in Articles (English and Spanish)
• Daily E-mail Blasts (English and Spanish)
• Links to Helpful Resources & Messaging
• Links to Know the Signs resources
• Suicide Prevention 101 Slides
• Links to COVID-19 mental health resources

www.eachmindmatters.org/SPW2020/
<table>
<thead>
<tr>
<th>ENGLISH</th>
<th>SPANISH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain isn’t always obvious. Most people thinking about suicide show some signs that they need help. We can all do our part during SuicidePreventionWeek2019. If you see even one warning sign, step in or speak up. Take the time to learn what to do now so you’re ready to be there for a friend or loved one when it matters most. Learn more: <a href="http://www.SuicideIsPreventable.org">www.SuicideIsPreventable.org</a></td>
<td>El sufrimiento no siempre se nota. La mayoría de las personas pensando en suicidarse muestran algunas señales de lo que están pensando. Si observas, aunque sea una de estas señales, actúa o di algo inmediatamente. Haz tiempo ahora para informarte de lo que tendrías que hacer y así estar preparado para ayudar a un amigo o ser querido en un momento crucial como este. Infórmate más en <a href="http://www.ElSuicidioEsPrevenible.org">www.ElSuicidioEsPrevenible.org</a>. #PrevencionDelSuicidio</td>
</tr>
<tr>
<td>Self-care is not an elective pastime in our free time, but rather should be a priority along with other important elements of our life. Taking the time and intentionally caring for our whole self—body, mind and soul—will keep us energized and mentally well. The best way to practice self-care is to develop a self-care plan specifically designed and tailored just for you. Find #SelfCare resources here: <a href="https://bit.ly/3130MHouse">https://bit.ly/3130MHouse</a> #EachMindMatters</td>
<td>El cuidado de uno mismo no debe de ser un pasatiempo, sino más bien, debe de ser una prioridad como las otras responsabilidades en nuestras vidas. Tomando el tiempo para el cuidado de uno mismo—cuerpo, mente y espíritu, promueve una mejor calidad de vida y protege nuestra salud mental. La mejor forma de practicar el cuidado de uno mismo es crear un plan específicamente diseñado para ti. Encuentra recursos aquí: <a href="https://www.eachmindmatters.org/SPW2019/">https://www.eachmindmatters.org/SPW2019/</a> #PrevencionDelSuicidio</td>
</tr>
</tbody>
</table>
Drop-In Articles for the General Public

- Hope, Recovery and Resilience
- Finding the Right Tool for (the Job) of Suicide Prevention
- ¿Qué harías si supieras que tu joven está pensando en el suicidio?
- Is Suicide Preventable?
- Helping Someone Find Their Reasons for Living During COVID-19
- Apoya a alguien que pueda estar pensando en el suicidio
- Suicide Prevention is Everyone’s Business
- Older Adults and Depression: It’s Not a Normal Part of Aging
- Don’t Drive Like My Brother
Coaster & Coffee Sleeve Activities

Lotería/Bingo Game
New Activity: Trivia Game (English and Spanish)

In 2017, the music artist Logic released a song featuring the National Suicide Prevention Lifeline number.

What was the name of the song?

ANSWER: 1-800-273-8255

The title of the song is the phone number for the National Suicide Prevention Lifeline. Skilled and trained counselors are available 24/7 to talk, answer questions, and help people navigate a suicidal crisis for themselves or someone they are concerned about. You are not alone.

You can learn more about it here: www.suicidepreventionlifeline.org
Virtual Trivia

Trivia is a recognized social game in which teams are asked questions about different topics and they have to get as many correct answers and points as possible. Utilize this trivia game as part of events, parties or with a group of friends and family virtually!

What’s in the Game:
- Instructions
- Trivia PowerPoint

What You’ll Need:
- Download Zoom or other video conferencing platform
- 1 – 2 people to act as the Trivia Judge and/or Score Keeper
- Piece of paper and writing utensil to keep track of each person’s score
- Timer or clock to keep track of the time limits
Topic of Focus: Suicide Prevention and Substance Use
Alcohol and Drug Use Disorders have been found to be second only to Depression and other Mood Disorders as the most frequent risk factors for suicidal behavior.

Increased alcohol and drug use has often been reported as a warning sign for suicide.

Individuals with a diagnosable substance use disorder are almost 6 times more likely to report a lifetime suicide attempt than those without a substance use disorder.

Numerous studies of individuals in drug and alcohol treatment programs show that past suicide attempts and current suicidal thoughts are common.

An increase or change in alcohol and drug use is a warning sign for suicide.
Research briefing and talking points, including ways to partner with AOD providers and the Restaurant Industry

Email and Drop-in article (for blogs and internal/external newsletters).

Resources for AOD providers, including a psychoeducational / process Client Group Activity

Resources for the Restaurant Industry to share with employees

New Activities: Trivia Game & Heart Installation
Partners in Suicide Prevention & Addiction Recovery: AOD Providers

How Can We Get Alcohol and Other Drug (AOD) Treatment Providers Involved?

• Invite AOD providers to participate in suicide prevention gatekeeper trainings, or if you are an AOD provider, request a suicide prevention presentation or training from your local county behavioral health agency.

• Ask AOD providers to share information about suicide prevention in their publications and on social media.

• Ask AOD providers to post one or more of the ‘Know the Signs’ posters in their building.

• Share the educational (and fun!) suicide prevention activities that can be integrated into the clinical practices.
Email & Drop-In Article

Email: 5 Ways to Incorporate Suicide Prevention in AOD Settings
1. Know the Signs for Suicide
2. Raise Awareness with Clients
3. Implement Suicide and Risk Screening Tools
4. Learn More About Incorporating Suicide Prevention Practices
5. Inspire Hope and Celebrate Recovery

Drop-In Article:
• Introduce Suicide Prevention & Recovery Month
• Focus on Suicide Can Be Prevented
  • Know the Signs
  • Find the Words
  • Reach Out
• Help is Available
As psycho-educational and process groups are common in the alcohol and other drug treatment setting, we will provide an outline along with talking points on a suicide prevention and safety planning group session.

**Objectives:**
- Clients will understand warning signs of suicide and how to recognize them.
- Clients will explore their own, as well as hear from others, coping strategies and sources of support.
- Clients will learn what a safety plan is.

**Time:** 45 – 90 minutes
September holds National Suicide Prevention Awareness Week, as well as National Recovery Month – a time for individuals, organizations and communities to join their voices to broadcast the message that suicide can be prevented and recovery is possible. As part of the many activities taking place this month, we are encouraging everyone to show their support by sharing stories and resources. Together we promote awareness, support, and recovery.
1. To start, find a wall space that is at least five feet wide by five feet high. A painted wall is the best surface. Using the gridline templates here, place light blue, purple or lime green sticky notes onto the wall, arranged in the shape of a heart. Use the grids pictured above to form a 2.5 x 2.5 feet or 5x5 foot heart wall installation or visit the website below to download the templates.

2. Respond to one of the prompts below by writing or drawing on one of the sticky notes. Read and be inspired by what others have written as well.

- Leave a positive message to brighten someone’s day.
- What is the best thing someone could say to you when you need support?
- Why is it important to speak openly about Suicide Prevention and Recovery?
- What is one thing that is most important to you and worth living for?

3. To share your creation and inspire others to reduce stigma and learn about suicide prevention, snap a photo and upload it to social media. Don’t forget to tag @EachMindMatters on Instagram, Twitter and Facebook and use #EachMindMatters.
Partners in Suicide Prevention & Addiction Recovery: Culinary Industry

Learn about restaurant initiatives that might be happening in your county or bring one to your county!
Offer to partner with restaurants to promote wellness, stigma reduction, and suicide prevention among restaurant staff.
Ask local restaurant associations to share suicide prevention information in their staff communication, post Know the Signs posters in their common areas, and share social media posts during September and throughout the year.
Connect with the restaurant industry in your area to offer suicide prevention gatekeeper trainings for employees.
Contact individual restaurants or reach out to the California Restaurant Association to ask about chapters in your area.
Share ‘Know the Signs’ coasters with local restaurants and bars.
Partner with a local restaurant to host a Trivia night!
Suicide Prevention and Children: Building Resilience Through Social Emotional Learning
Talking Points and Data Briefing: Suicide Prevention and Children: Building Resilience Through Social and Emotional Learning

• Suicidal behavior (ideation, attempts, and deaths) among younger children (age 5-12) is relatively infrequent but increases among adolescence and youth.

• Risk factors for suicidal behavior in younger children include behavioral problems, exposure to trauma, conflict with families or peers; these risk factors are shared with other negative outcomes including child abuse and neglect, and family and community violence.

• Suicide prevention for younger children is best focused on promoting protective factors and building resiliency and reducing stigma around mental health.

• Social and Emotional Learning is a powerful tool to help younger children cope with and manage their emotions and stressful situations.
SEL is the process, through which children and adults acquire and effectively apply the knowledge, attitudes and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

- The skills and strategies that children and teens gain through Social Emotional Learning (SEL) have been shown to increase protective factors and reduce risk factors associated with suicide.
- A growing body of research supports the use of evidence-based SEL programming in the school setting as an “upstream” suicide prevention strategy.
- Effective SEL strengthens protective factors against suicide and other self-destructive behaviors through:
  - Problem solving
  - Conflict resolution
  - Nonviolent ways of handling disputes
  - Enhanced sense of connectedness
Parent Education Guides

To support you as you raise your children, Yolo County Children’s Alliance created parenting materials just for you and your family.

We hope the information in these guides will give you ideas about how to nurture your child, weather emotional storms, take care of yourself, and spend time with your child, while also helping you feel empowered and close to your child. Click on one of the guides below to learn more:

- Handling Your Child’s Challenging Behaviors at Every Age
- Nurturing Children During Times of Stress: A Guide to Help Children Bloom
- Weathering the Storms: A Guide to Healthy Expressions of Emotions for Parents and Children
- Make Time for Yourself—A Self-Care Guide for Busy Parents
- Talk+Play=Connect Toolkit for Families
- Choosing a Child Care Provider

If you provide services to families and would like to learn more or use these guides with the families you serve, please click HERE.

YCCA received a 2018 Child Abuse and Neglect Prevention Office of Child Abuse Prevention for our parenting guidance.
Grades 2-3 SEL Activities

Self Care

Nutrition Facts and Activities

Self Regulation

Feelings of Control (English) (Spanish) Coping Skills Worksheet (English)

Mindfulness

Calming Activity: Deep Breathing (English)

https://www.djusd.net/covid-19/social_emotional_learning/2-3_SSEL_activities
Social and Emotional Support During Distance Learning

Visit the California Department of Education (CDE) Social and Emotional Learning (SEL) guidance and resources for educators, educational leaders, and families/guardians. These resources provide guidance on supporting social and emotional supports during distance learning.

Social and Emotional Learning Basics

Social and Emotional Learning (SEL) reflects the critical role of positive social and emotional learning in the learning process and helps students develop a range of skills they need to function well in college and careers.

- set and achieve positive goals
- feel and show empathy for others
- establish and maintain positive relationships
- make responsible decisions
- understand and manage emotions

All of these skills are necessary—both for educators and students—to function well in college and careers.

While many teachers instinctively know that social and emotional learning is important, historical challenges can make it difficult to access the necessary resources.
Research briefing and talking points, including ways to partner with parents and educators

Email and Drop-in article

Resources for parents and educators to promote Social Emotional Learning

Suicide prevention webinar for parents and building resilience webinar for educators

New Activity: Hope Journal Bookmark
Hope Journal Bookmark Activity

Social and Emotional Learning (SEL) is the process, through which children and young adults are able to acquire and effectively apply the knowledge, attitudes and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, maintain positive relationships, and make responsible decisions.

A fun and easy activity that encourages Social Emotional Learning with children and young adults is journal writing. This can be done in a group format or one-on-one with a child. A good way to stimulate mindfulness, self-awareness and empathy is to ask children to write about a situation where they or someone they know felt happy, sad, angry or afraid. This can help them express their feelings and understand the impact of emotions in their lives.
What's included:

- Social Emotional Learning Journal
- Bookmark with writing prompts

What You'll Need:

- Journal, if you're unable to purchase a journal, you can learn how to make one using only one piece of paper [here](#).
- Items to decorate your journal such as coloring utensils, stickers, magazines and glitter
- Writing utensil

Follow these steps to do the journal bookmark activity:

To start, provide youth with their journal and items to decorate. Instruct youth to decorate the outside of their journal in a way that represents them. This is their space to dream, think and be whatever they want. They could utilize magazine clippings to make a collage or simply decorate with coloring utensils.
Overview and Activity Guide

This year, in support of National Suicide Prevention Awareness Week, World Suicide Prevention day and National Recovery Month, all held in September, we are encouraging a special focus on the intersection between suicide prevention, alcohol and drug use and efforts that foster resilience and recovery. This activity guide is intended to help organizations across California with planning and implementation of Suicide Prevention Week activities. For additional support and questions, please email preventable.org.
Preparation: August 1st – September 6th, 2020

- Review suicide prevention data for your county and highlight local prevention efforts such as calls to your local crisis line, awareness walks and gatekeeper trainings.
- Review the suicide prevention materials available from the Know the Signs suicide prevention campaign on the EMMResourceCenter.org.
- Customize the proclamation template.
- Familiarize yourself with guidelines for effective messaging around suicide prevention and share with others as well as your local media.
- Encourage your local media to report on suicide prevention and recovery efforts that are taking place in your county.
- The 2020 Suicide Prevention Kit theme is Hope, Resilience and Recovery. Reserve an hour on your calendar to download and read the talkings points and data briefings provided in the kit.
- Share resources with your public information officer and discuss ways to promote Suicide Prevention Week and Recovery Month.
- Schedule social media posts.
- Schedule virtual events.
- Customize daily TA emails.
Suicide Prevention Week (September 6-September 12, 2020)

Monday, September 7th, 2020 (Hope)

- Send out daily email “Hope”
- If possible, set up a resource table to promote local and statewide resources, or share resources via social media
- Implement the Heart Wall Installation Activity, in public places if appropriate or in your own home
- Create a message, video, photo, song, dance — whatever you can imagine — sharing a message of hope. Post to any social media channel with the hashtags #EachMindMatters #SuicidePreventionWeek2020 #NationalRecoveryMonth

Inspired by Fresno County Behavioral Health
September 8th, 2020 (Resilience)

- Send out daily email “Resilience”.
- Share the drop-in article to promote self-care tips for parents.
- Promote and screen youth created short films about mental health and suicide prevention.
- Share via social media or host a virtual screening and discussion panel.
- Promote different ways parents and educators can incorporate social emotional learning into family, school, club and other activities and distance learning.
- Partner with someone in your community and offer a virtual art or painting class for families.
Sat, 5/16 3:00-5:00pm | Painting Class with Dina
Virtual Location: Zoom | https://zoom.us/j/91399955490
Details: A virtual painting class promoting stress relief, teaching how to paint an easy, fun and exciting piece that even children and adults will love.
Language: English
Contact: Dina Figueroa (figueroadina@hotmail.com)

Tue, 5/19 9:00-11:00am | Board of Supervisors
Virtual Location: Live Stream at https://sanmateo.gov
by visiting https://smcgov.zoom.us/j/972694860
Details: Every year, San Mateo County Board of Supervisors join in solidarity with our Board of Supervisors to provide public comment on this agenda item at
https://sanmateocounty.legistar.com/Calendar.aspx
Language: English
Contact: Sylvia Tang (stang@smcgov.org | 650-578-7165)
Send out daily email “Recovery”.
Share the “5 Ways to Incorporate Suicide Prevention in Alcohol and Other Drug Treatment Settings” email with local AOD treatment providers.
Provide a suicide prevention gatekeeper training or presentation to the AOD or restaurant industry.
Share stories of recovery and information on mental health and AOD resources. You can find stories from across California here: [www.eachmindmatters.org/stories/](http://www.eachmindmatters.org/stories/).
Host an in-person or virtual Recovery Panel, where individuals in recovery can share their stories.
MAY IS MENTAL HEALTH MATTER MONTH #EachMindMatters

Join us for a online celebration!

Prepare to be empowered and inspired!

Hear ‘Brave Face’ speaker, Cherish Padron share her powerful story of recovery at the following link:

https://www.youtube.com/watch?v=OlmcoQjH7IQ&t=5s

For more information
Contact Avery Vilche
avery.vilche@tchsa.net

Join us for a virtual drumming series!
- You don’t need to own a drum-
- You don’t have to have any musical talent-
- All you need to do is show up-

WHAT ARE THE BENEFITS?
Thursday, September 10th, 2020 (World Suicide Prevention Day!)

- Send out daily email (World Suicide Prevention Day).
- Join in World Suicide Prevention Day celebrations and light a candle near a window at 8PM.
- Put together bags with resources, including materials from the kit, and host a ‘World Suicide Prevention Day Drive Through’ where people can come and pick up free resource kits.
- Take Each Mind Matters Pledge to share how you’re strengthening California’s Mental Health Movement.
- Play “The Rock” or “Reconozca Las Señales” 30-second radio spots while callers are placed on hold to local 2-1-1 or county access lines or reach out to a local radio station. The spots can be customized.

*Inspired by [www.iasp.info/wspd2020](http://www.iasp.info/wspd2020)*
Friday September 11th, 2020 (Friday is for Fun and Reflection)

- Send out daily email
- Host a virtual (or in person) Loteria/Bingo Game or Trivia Game. Make a new connection and partner with a local restaurant or organization.
- Share photos of the past week’s activities on social media or via email and be sure to tag @EachMindMatters.

Saturday September 12th, 2020 (Self Care)

- Take care of yourself and practice self-care!
- Host a virtual (or in person) self-care activity such as yoga, drumming or mindfulness.
- Share Know the Signs Self-Care resources including drop-in articles, social media posts and postcards.
FORWARD TOGETHER INITIATIVE

In times of great stress, social connection has proven to be our greatest source of strength and healing. We are all impacted by COVID-19. Monterey County Behavioral Health is creating a series of free opportunities for anyone in our community to come together to build our coping and resilience.

MINDFULNESS & SELF CARE
Understanding how to meet our own needs is crucial to enjoying a healthy lifestyle. This series will share information and teach the skills to build your own self-care plan and improve mindfulness practices.

PARENTING
Effective parenting is even more important and more difficult as we all shelter in place in response to COVID-19. Our Parenting series will help parents and caregivers develop practical strategies to help support their family’s emotional well-being and build resilience in the face of our current challenging times.

MOM CONNECT
Motherhood comes with many joys and surprises. It can also bring unexpected mood swings, anxious feelings, and fear. Talking about this emotional side of motherhood can be difficult, especially in these times when friends and family are less able to visit or help out. Join us for informative chats with our team and other moms facing the same experiences.

TEEN CONNECT
Being stuck at home, away from friends and your support network day after day can be tough! Join Teen Tuesdays at 2:00 pm and connect with other teens that are trying to manage during these isolating times. We might even have some fun!

EDUCATORS
The Behavioral Health Team has partnered with the Monterey County Office of Education (MCOE) to provide a series of trainings to support our Educators during this challenging time. The series will start on April 9th and is provided through District Google Classroom platform.

SENIOR CONNECT
The seniors in our community can feel particularly isolated and worried during this current COVID-19 health crisis. But you are not alone. Alliance on Aging is available to connect seniors and their caregivers to supports. They will share a weekly video with coping tips and resources. Wednesdays at 11:00 am you can speak with someone directly about your concerns and have your questions answered.

For more information visit or call:
http://montereyforwardtogether.org
(888)258- 6029
Suicide Prevention Week 2020- Boxed Activation Kits!

In 2020, each Boxed Kit Included:

- Know the Signs Brochures (25 Eng, 50 Span)
- Know the Signs Tent Cards (50 Eng, 50 Span)
- Know the Signs Posters (Assortment)
- Suicide Prevention Week Poster (Eng and Span)
- Green Ribbons (50)
- Directing Change DVD (1)
- Pin Buttons (25)
- Trivia Game (1 bilingual)
- Coasters (25 bilingual)
- Activity Tip Sheets
- Social Emotional Learning Bookmark
How to you access these materials?

1. Please fill out the post survey and let us know what materials you are interested in. We have a small supply of Activation Kits available for webinar participants. (Limited while supplies last)

2. Easy to use templates to print the materials on your office computer or at your local printer are available.

3. All materials can be ordered at the Each Mind Matters Store: www.eachmindmatters.org/shop/

Email: info@suicideispreventable.org
Know the Signs >> Find the Words >> Reach Out
Messaging on Suicide Prevention: Key Principles

• Provide a suicide prevention resource
• Educate: Discuss warning signs and risk factors
• Create a positive narrative (Use positive images/statistics)
• Avoid over-simplifying
• Avoid information about suicide method
• Avoid “normalizing” statistics
Effective Messaging on Suicide Prevention

Key Considerations:

What messages are we using?

What messages are we sending?

Why? Who is the audience?

SuicidePreventionMessaging.org
Recommendations for Reporting on Suicide

Suicide is a public health issue. Media and online coverage of suicide should be informed by using best practices. Some suicide deaths may be newsworthy. However, the way media cover suicide can influence behavior negatively by contributing to contagion, or positively by encouraging help-seeking.

Download in English  See in Other Languages
Save the Date for these Upcoming Webinars!

Suicide Prevention 101 for Parents:
Recognizing Signs and What to Do

This free webinar will provide information about suicide prevention for parents, including warning signs for suicide, how to have a conversation with their teen, actions to take if their teen is having suicidal thoughts, and resources.

To Register:
June 18th 12PM to 1PM
In English:
https://zoom.us/webinar/register/WN_kxXf0rIsOGFZ7OaR17
June 18th 6:30PM to 7:30PM
In Spanish:
https://zoom.us/webinar/register/WN_c5oJkSfXG3bFJLb

EachMindMATTERS
Special Webinar for Educators:
Mental Health Strategies to Support Students

Tuesday, June 23 / 11.00AM - 12.00PM
Join us for a special Each Mind Matters webinar to support educators, school administrators, and school counselors in understanding potential COVID-19 trauma impacts on students and how to build resilience with students. We will provide training on trauma identification, share resources, and highlight best practices with traditional and distance learning models in mind.

Presenters: Lisa Smusz, LPCC, Principal Consultant for Each Mind Matters, Nicole Jarrod, Principal Consultant for Each Mind Matters, and Emily Bendler, MA, Consultant for Each Mind Matters.

Registration URL: https://zoom.us/webinar/register/WN_qg9_XU3qDj//3lFgA8Q
Webinar ID: 927 1031 6940  Password: 126603

This webinar is hosted by Each Mind Matters, California’s Mental Health Movement, and is part of statewide efforts to prevent suicidal crises, improve access to mental health services, and promote mental health and wellness. These initiatives are funded by partners with Prop 63 MSA funds through the California Mental Health Services Authority (CMHSA), an organization of county governments seeking to improve mental health outcomes for individuals, families, and communities.
Resources for Youth and Schools

Online Resources:

- School-based Suicide Prevention Virtual and In-Person Activity Tip Sheet
- Social Media Posts
- Online film screenings
- What I Wish My Parents Knew Event Guide
Know the Signs >> Find the Words >> Reach Out

Q&A
You are not alone.

If you’re experiencing feelings of worry, irritability, or low mood right now, you’re not alone. While it’s necessary to keep up-to-date and make changes to daily life in order to help control the spread of COVID-19 (Coronavirus), the constant news cycle coupled with social distancing measures can have a real impact on mental health.

A Teen Line:  Text “TEEN” to 93083 between 6:00pm – 9:00pm PST. Their online message board provides a place to talk with peers, including someone around the Coronavirus.  www.teenline.org/board

A The Peer-Run Warm Line (24/7)  Call 1-866-345-7415 for peer-run non-emergency emotional support.  www.mentalwellness.org/peers-run-warm-line

A SAMHSA’s Disaster Distress Line (24/7)  Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.  www.samhsa.gov/find-help/disaster-distress-helpline

A The National Suicide Prevention Lifeline (24/7)  Call 1-800-273-8255  www.suicidepreventionlifeline.org

Supporting Someone While They Find Their Reasons for Living

APRIL 29, 2020
There are people fighting a very personal battle in the midst of the collective dangers of this unprecedented pandemic – people who are questioning whether to continue to live through the emotional pain they are experiencing. Some people ...

More

Substance Use Amidst COVID-19: What Does Problematic Use Look Like?

APRIL 16, 2020
Our natural response is to lean into things that make us feel better when we are under stress. But what happens if those things that make us feel better in the short term, actually cause us to...
14 de mayo de 2020

Ayudemos a evitar que nosotros mismos, así como nuestros seres queridos desarrollen pensamientos de suicidio durante esta pandemia sin precedentes. Asegúrate de mantenerte conectado con tus seres queridos comunicándote regularmente y ofreciendo apoyo según sea necesario. También debemos estar presentes y ser pacientes con nosotros mismos, preguntando qué necesitamos para mantener la esperanza y sentirnos [...]
Each Mind Matters & SanaMente

emmresourcecenter.org/collection/covid-19-response

www.eachmindmatters/covid-19/
"During times of change and uncertainty it is ever more important to incorporate self-care and structure into your schedule. And while your typical self-care routine may no longer be available, there are ways to stay healthy and remain connected. Every day take a moment (or more) to take care of yourself."

This resource is available in the following languages:

- Arabic
- Armenian (Eastern)
- Chinese Simplified
- Chinese Traditional
- Russian
- Farsi
- Lao
- Khmer
- Korean
- Spanish
- Tagalog
- Vietnamese
- Hmong
- Punjabi
If you are hosting a public event, add it to the Each Mind Matters events page to attract a larger audience!

http://www.eachmindmatters.org/events/

To order suicide prevention materials and other educational resources and wearable outreach items visit the EMM Store.

www.eachmindmatters.org/store
For questions email: info@suicideispreventable.org

To access the toolkit online:
www.eachmindmatters.org/SPW2020

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