



# WELLNEWS

## A MONTHLY WELLNESS NEWSLETTER

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Education on suicide prevention empowers students to understand and manage their emotions better. It encourages those who are struggling to seek help, while also increasing awareness of the available supports and resources.

Everyone has a role to play in suicide prevention. By recognizing the signs, knowing how to talk to a friend or family member in need, and connecting people with local and national resources, we can make a significant impact. Remember, suicide is preventable, and together, we can make a difference!

### HELPFUL LINKS

**Understanding & Preventing Youth Suicide Podcast**

**SuicideisPreventable.org**

**Up2Riverside.org**

**EachMindMatters.org**



### SMARTPHONE APPS

- MY3
- What's Up Safehouse
- A Friend Asks
- Suicide Safety Plan

# APP

### CRISIS RESOURCES

### WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:	FEELING:
 <ul style="list-style-type: none"><li>▷ Wanting to die</li><li>▷ Great guilt or shame</li><li>▷ Being a burden to others</li></ul>	 <ul style="list-style-type: none"><li>▷ Empty, hopeless, trapped, or having no reason to live</li><li>▷ Extremely sad, more anxious, agitated, or full of rage</li><li>▷ Unbearable emotional or physical pain</li></ul>

**CHANGING BEHAVIOR, SUCH AS:**

 <ul style="list-style-type: none"><li>▷ Making a plan or researching ways to die</li><li>▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will</li></ul>	<ul style="list-style-type: none"><li>▷ Taking dangerous risks such as driving extremely fast</li><li>▷ Displaying extreme mood swings</li><li>▷ Eating or sleeping more or less</li><li>▷ Using drugs or alcohol more often</li></ul>
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**If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.**

<b>988 Suicide &amp; Crisis Lifeline</b> Call or text 988 Chat at <a href="https://988lifeline.org">988lifeline.org</a>	<b>Crisis Text Line</b> Text "HELLO" to 741741
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National Institute of Mental Health

[nimh.nih.gov/suicideprevention](https://nimh.nih.gov/suicideprevention)

#### Riverside County Crisis Helpline

(951) 686-HELP (4357)

#### Crisis Text Line

Text HELLO to 741741

#### Trevor Lifeline

(866) 488-7386 or  
Text START to 678678

#### CA Youth Crisis Hotline

(800) 843-5200

#### Suicide & Crisis Lifeline

Call 988