

Pain Isn't Always Obvious



Suicide Is Preventable.org

Resources & Activities for Suicide Prevention Week 2019



WELLNESS • RECOVERY • RESILIENCE



Introductions



Sandra Black
Yolo, CA



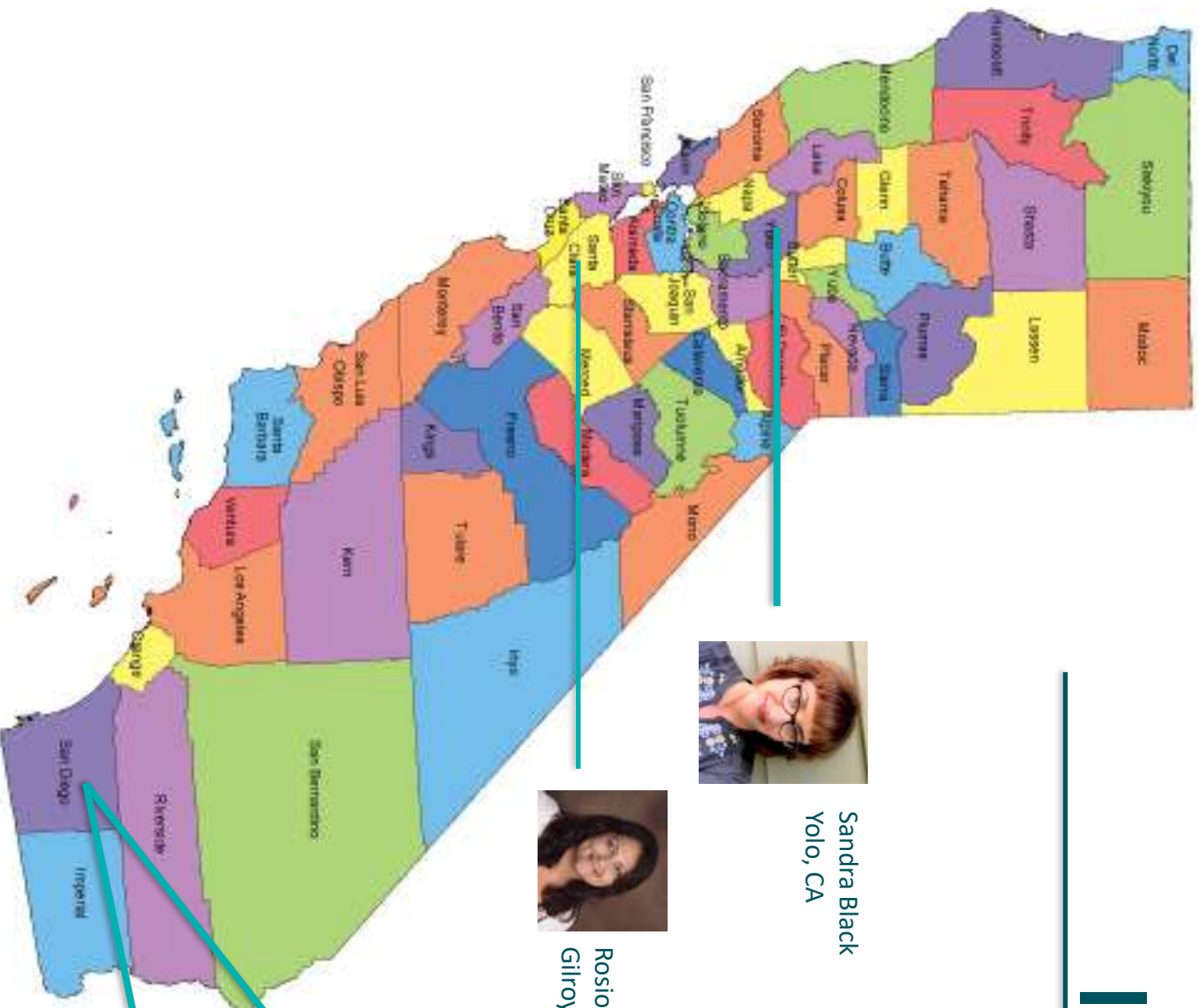
Rosio Pedroso
Gilroy, CA



Jana Sczersputowski
San Diego, CA



Stan Collins
San Diego, CA



Each Mind Matters is California's Mental Health Movement. We are millions of individuals and thousands of organizations working to advance mental health.



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

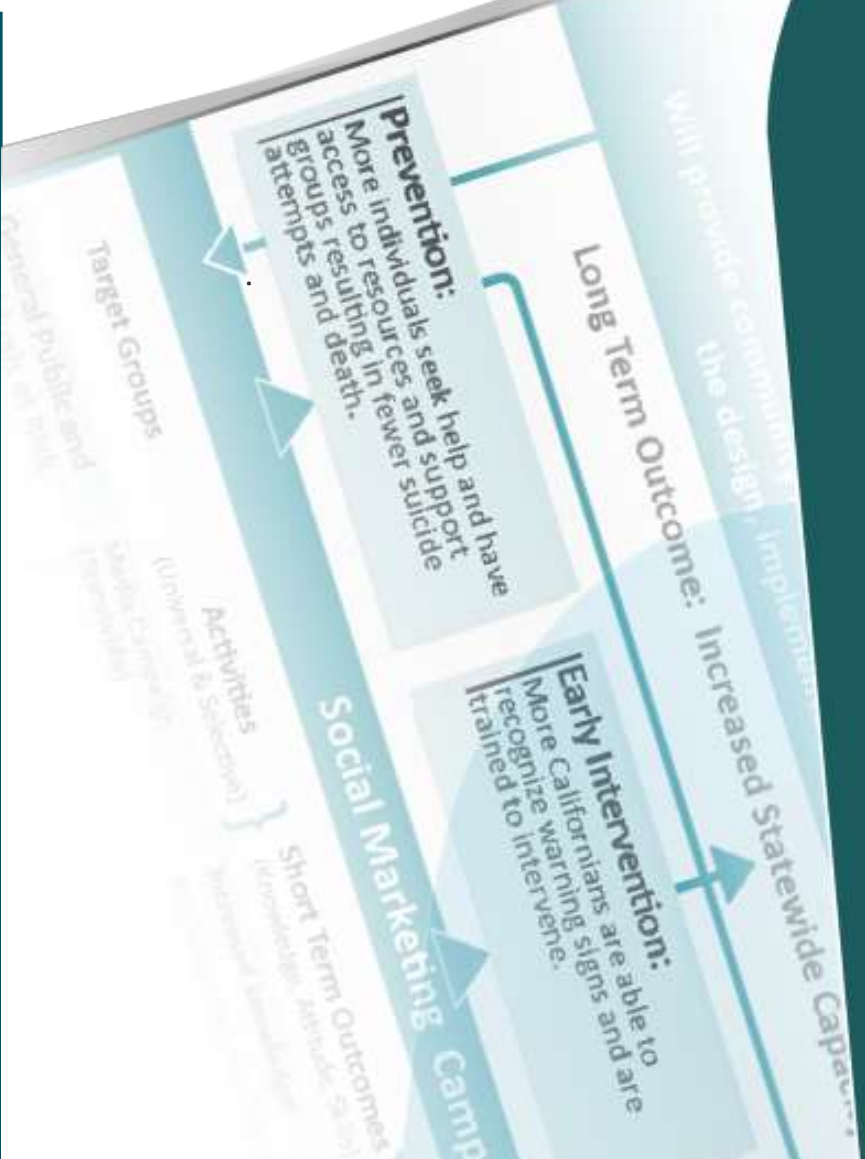
Welcome!

- 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



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



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)

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

PAIN ISN'T ALWAYS OBVIOUS.

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 most people thinking of suicide show some type of signs. They may be subtle, but they are there. By recognizing those signs, finding the words, and reaching out, you have the power to make a difference, and the power to save a life.

- Start
- Know
- Find
- Reach
- Share

RECOGNIZE THE WARNING SIGNS
Read On >

LEARN HOW TO HAVE A CONVERSATION
Get Started >

REACH OUT FOR ADDITIONAL RESOURCES
Learn More >

SPREAD THE WORD



Media | About | Contact Us

suicideispreventable.org

elsuicidiodoespreventible.org

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

KNOW THE SIGNS

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.**

Select a category

TEENS
THE SIGNS
OLDER ADULTS

Reckless behavior

Putting affairs in order

Increased alcohol or drug use

Changes in sleep

Giving away possessions

Talking about wanting to die or suicide

Uncontrolled anger

Feeling hopeless, desperate, trapped

Anxiety or agitation

No sense of purpose

Sudden mood changes

Withdrawal

Talking about being a burden to

- 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 to live

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

"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.

FIND THE WORDS

"Are you thinking of ending your life?" Few phrases are as effective as this one. But when it comes to suicide prevention, none are more important than the words you use to get the conversation started.

1
Start the conversation

2
Listen, express concern, reassure

3
Create a safety plan

"Do you have any weapons or prescription medications in the house?"

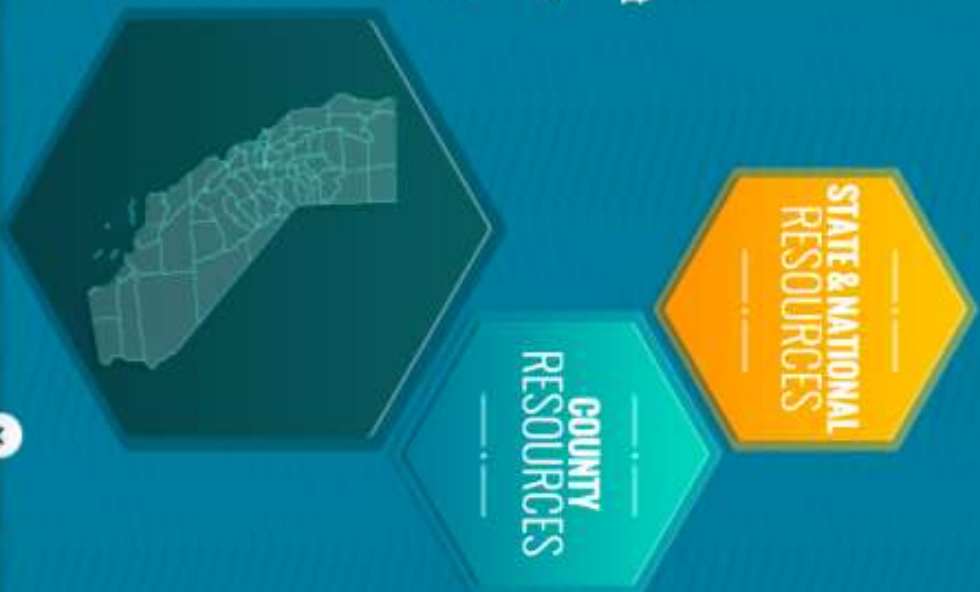
Ask the person if they have access to any lethal means (weapons, medications, etc) and help remove them from the vicinity. (Another friend, family member or law enforcement agent may be needed to assist with this.)

Do not put yourself in danger; if you are concerned about your own safety, call 911.

1 2 3 4

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

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.IUP2sd.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

REGONÓZGA 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.**

Escoja una categoría

ADOLESCENTES
LAS SEÑALES
ADULTOS MAYORES

Comportamiento imprudente

Ponen sus asuntos en orden

Aumento en el consumo de alcohol o uso de drogas

Alteración del sueño

Regalo de pertenencias

Expresan el deseo de morirse o de suicidarse

Ansiedad

Rabia o enojo

"Mi esposo era bien calmado, pero ahora vive enojado frecuentemente. Antes no era tan malgeniado."
Rabia o enojo

Dicen cosas o actúan de cierta manera que refleja hostilidad, amargura, resentimiento o rabia. Hablan de buscar venganza.

- Hablar de querer morirse o suicidarse
- Buscan una manera de suicidarse con ejemplos por internet o adquiriendo un arma
- Sentirse sin esperanza, desesperado o atrapado

Si alguno de estas señales de advertencia está presente, llame a la Red Nacional de Prevención del Suicidio al 1-888-628-9454.

Sentirse inútil

Aislamiento



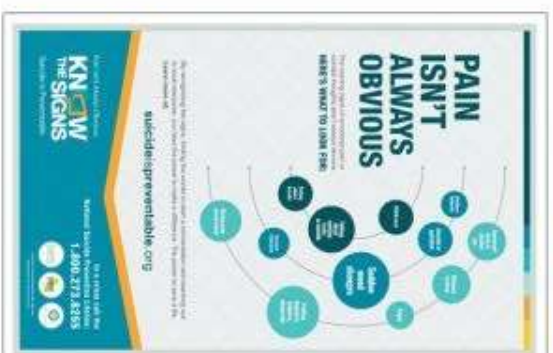


Tools and Resources

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



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



Resources for Older Adults

Available at EMMResourceCenter.org

Statewide Association of Elder Support & Care Programs
1000 North 1st Street
Alexandria, Virginia 22314

Assessment #10

Wearing a Community Safety Net to Prevent Older Adult Suicide

August 2018
Alexandria, Virginia

This work was developed under Title 37 of Executive Order 13763, "Executive Order on Climate Change, Science, and Safety of our Nation," and Title 48 of Executive Order 13763, "Executive Order on Improving the Government of the People and Protecting the Future of the Nation." It was developed by the Statewide Association of Elder Support & Care Programs.

Plan for Always: Older Adults Always Prevalent
KNOW THE SIGNS
Suicide is Preventable

KNOW THE SIGNS

FIND THE WORDS

REACH OUT

© 2018 National Suicide Prevention Lifeline. All rights reserved. For more information, visit suicidepreventionlifeline.org.

Depression is not a necessary part of aging.

suicideispreventable.org

© 2018 National Suicide Prevention Lifeline. All rights reserved. For more information, visit suicidepreventionlifeline.org.

To learn the warning signs of suicide, visit suicideispreventable.org.

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

Creating Suicide Prevention
Community Coalitions:
A Practical Guide

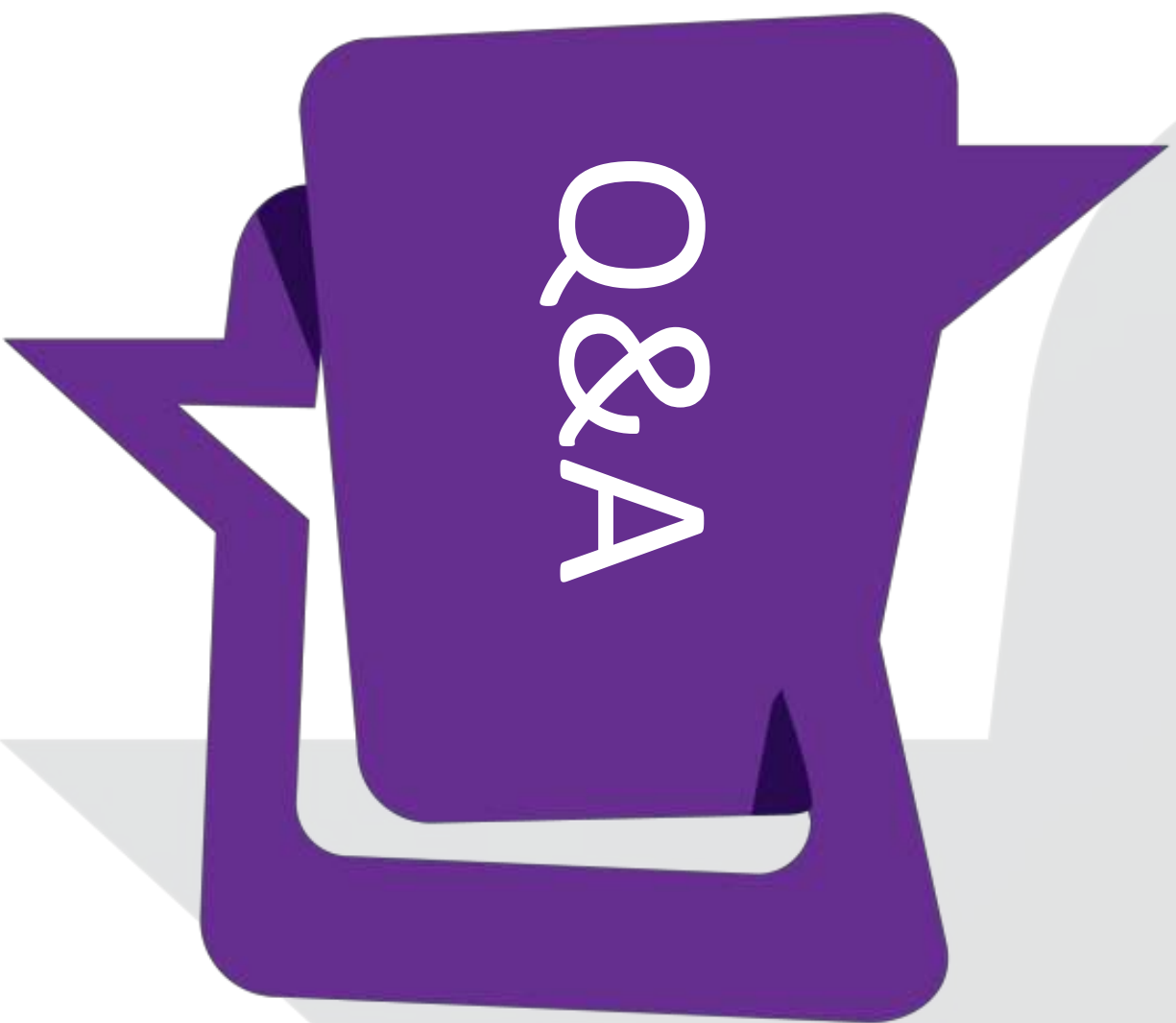


New Resource!

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

- 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
- How to use social media for suicide prevention







#SuicidePreventionWeek2019

Finding Purpose: Caring for Ourselves and Others



suicideispreventable.org

Suicide Prevention Week 2019

The Activation Kit Includes:

- Activities, Proclamation, Emails, Social Media and More!
- Messaging and Working with the Media
- Suicide Prevention and First Responders
- Self-Care
- Activities and Resources for Schools

The toolkit can also be found and **downloaded** at EachMindMatters.org by first going to Get Involved and then clicking on Spread the Word.

Direct Link: www.eachmindmatters.org/SPW2019

The image shows a screenshot of the EachMindMatters.org website. At the top, there is a green navigation bar with the following menu items: Mental Health, Stories, Get Involved (which is highlighted with a white arrow), Events, Resources, and Blog. Below the navigation bar, the main content area is visible. On the left, there is a section titled "Get Involved" with a sub-heading "Spread the Word" and a description: "Learn more about the movement and get tools to help inform others." Below this is a green button labeled "More". To the right of this section, there is another "Spread the Word" section with a description: "Learn more about the movement and get tools to help inform others." Below this is a green button labeled "More". At the bottom of the page, there are two small images showing people at a community event.

Self Care



- **Online Resources:**
- Self Care Flyer and Postcard
- Self Care Self Assessment
- Drop-in Article
- Social Media
- Various online resources

#SuicidePreventionWeek2019
Finding Purpose: Caring for Ourselves and Others

A MATTER OF LIFE OR DEATH
KNOW THE SIGNS
suicideprevention.org

Posters and Digital Banners



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

Suicide Prevention Activity Tip Sheet

Legal Notice: _____

Legal notice states that _____

PROCLAMATION/RESOLUTION

RECOGNIZING SEPTEMBER 8th – 14th, 2019 AS SUICIDE PREVENTION WEEK

“Finding Purpose: Caring for Ourselves and Others”

WHEREAS, Suicide Prevention Week is dedicated to the role everyone in our community can play in preventing suicide, and all community members are encouraged to know the signs, find the words, and reach out to someone they are concerned about; and

WHEREAS, preventing suicide requires the efforts of many, from individuals, friends, families, neighbors, and co-workers, to government agencies and community organizations; from a wide range of services; and

WHEREAS, suicide is a public health issue in our community, and our neighbors, friends, family members, friends, neighbors, loved ones, and community; and

WHEREAS, the County of _____ is committed to promoting public health, such as access to effective behavioral health and health care services; and

WHEREAS, suicide prevention requires a comprehensive, multi-layered, coordinated strategy for prevention, early intervention, treatment, and recovery; and

WHEREAS, _____ (County or name of other agencies) conducts an active and ongoing, including training, to reach community members, including training to date; and

WHEREAS, in the most recent year available, over XXXX people in the County of _____ died by suicide; and

WHEREAS, September 8th through 14th is recognized across the United States as Suicide Prevention Week and provides the opportunity to educate our citizens and have them help those most in need; NOW, **THE PEOPLE OF THE COUNTY OF _____** and all members of _____ do hereby proclaim _____ as Suicide Prevention Week for the year of 2019. Be declared “SUICIDE PREVENTION WEEK”

Know the Signs >> Find the Words



each Out

- Online Materials:
- Proclamation Template
- Activity Tip Sheet
- Drop In Articles
- Email Templates
- Social Media Posts
- Messaging Handout

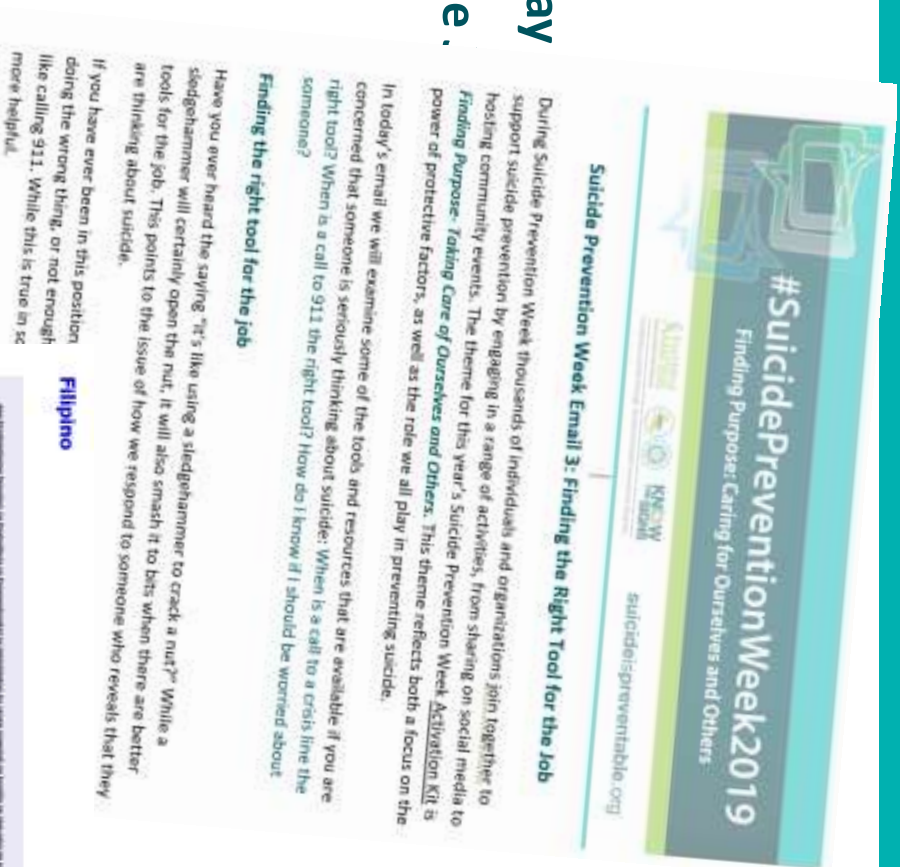
Daily Emails

Daily Emails

- ❖ Email Sept 9: Exploring Protective Factors
- ❖ Email Sept 10: World Suicide Prevention Day
- ❖ Email Sept 11: Finding the Right Tool for the .
- ❖ Email Sept 12: Helping Others
- ❖ Email Sept 13: Self Care

World Suicide Prevention Day

Sept 10, 2019



Filipino



Activity: Coffee and Coasters

Coffee Connections & Coaster Conversations

Pain isn't always obvious. Even surrounded by family and friends someone can feel isolated and alone; even successful in school and at work, someone can feel hopeless and without purpose; even with a smile on their face, someone can feel deep sadness and depression on the inside.

During September we emphasize that everyone can play a role in suicide prevention. This is an opportunity to learn the warning signs for suicide, find the words to express concerns to those we care about, connect with our friends, family and co-workers, and reach out for help.

During Suicide Prevention Week:

- Ask a local coffee shop to use the Know the Signs branded coffee sleeves.
- Ask local restaurants and bars to hand-out the Know the Signs branded coasters.

Take a picture and share it with the name of the business on your social media channels using #EachMindMatters and #SuicidePreventionWeek2019



ACTIVITY: Lotería or Bingo

<p>GRATIS</p>			<p>Con un tratamiento adecuado, el 70-90% de las personas que viven con un reto de salud mental se pueden recuperar</p>
	<p>Las personas que manejan sus retos de salud mental pueden llevar vidas felices</p>	<p>Sanamente Movimiento de Salud Mental de California www.sanamente.org</p>	
		<p>PONTEEN MISZAPATOS ¿CÓMO ES LA SALUD MENTAL? www.ponteenniszapatos.org</p>	<p>1.888. 628.9454</p>
	<p>www. Elsuicidio esprevenible. org</p>	<p>El sufrimiento no siempre se nota</p>	

<p>Warning Sign: "I want to die."</p>	<p>Warning Sign: Changes in Sleep</p>	<p>Warning Sign: Withdrawn</p>	<p>Warning Sign: FIND the WORDS</p>
<p>Warning Sign: Talking About Wanting to Die or Suicide</p>	<p>Warning Sign: Feeling hopeless, desperate or trapped</p>	<p>Fact With proper treatment, 70-90% of people who live with a mental health challenge can recover</p>	<p>Warning Sign: Looking for a way to kill themselves.</p>
<p>Warning Sign: Increased drug or alcohol use</p>	<p>Warning Sign: Each Mind Matters www.eachmindmatters.org</p>	<p>Warning Sign: Reckless Behavior</p>	<p>Warning Sign: National Suicide Prevention Lifeline 1.800.273.8255</p>
<p>Warning Sign: Mood Swings</p>	<p>Warning Sign: Uncontrolled Anger</p>	<p>Warning Sign: Pain Isn't Always Obvious</p>	<p>Warning Sign: VSI and Tazewell Putting affairs in order</p>

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

Resources in Spanish

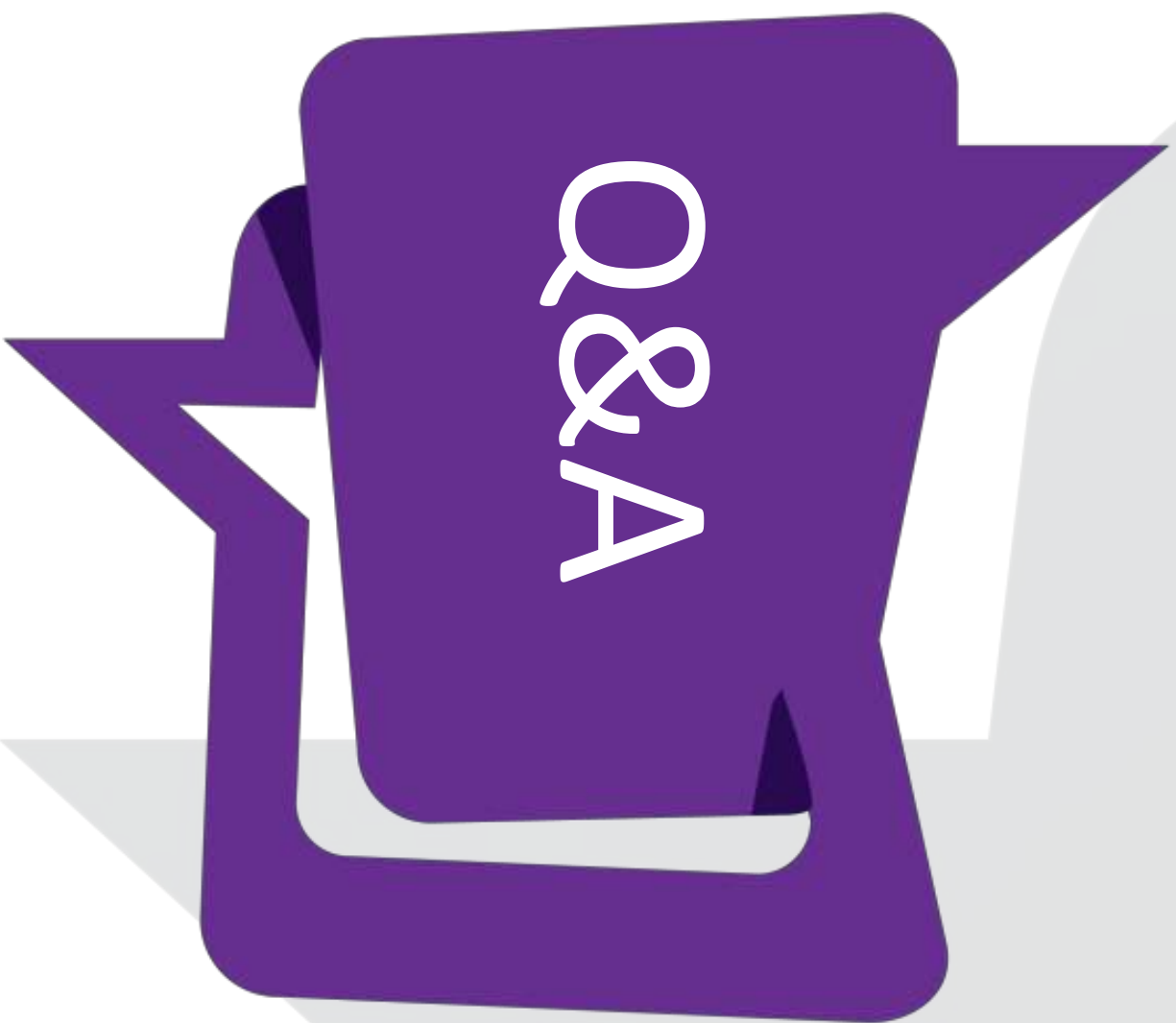


[Radio ad:](#)

[30 Second TV ad:](#)



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



How do you access these materials?



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)



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



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

Email: info@suicideispreventable.org

Examples



San Luis
Obispo County



El Dorado County



Tri-City



Monterey County



EachMind MATTERS

California's Mental Health Movement

Suicide Prevention Month 2018

Know the Signs. Find the Words. Reach Out.



suicideispreventable.org

Each Mind Matters: California's Mental Health Movement supports that suicide prevention matters!



EMM Toolkit Sway



Suicide Prevention Month 2018

Know the Signs. Find the Words. Reach Out.



Lotería: #1

RECONCILIA LAS SERALES

Con un tratamiento adecuado, el 70-90% de las personas que viven con un tipo de salud mental se pueden recuperar

"Me quiero morir"

Sonomente www.sonomente.org

Pregunta Directamente

El sufrimiento no siempre se nota

1.888.628.9454

www.reconciliaserasales.org

Testamento



Directing Change
 Program & Film Contest

Plan Your Always Obvious **KNOW THE SIGNS** www.knowthesigns.org

Plan your always obvious. Even with friends and family around, someone experiencing a mental health crisis may not be able to get help. Know the signs. Find the words. Reach out.

Call for National Suicide Prevention Helpline: 1.800.273.8255

www.knowthesigns.org

Plan Your Always Obvious **KNOW THE SIGNS** www.knowthesigns.org

Big Brothers and Big Sisters

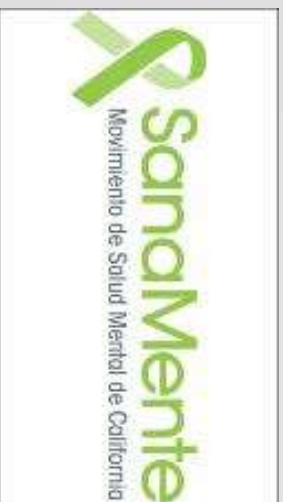




Chevonna Gaylor



Desert Recreation District



RECONOCIDA POR LOS SERVICIOS

Lotería: #1

<p>Con un tratamiento de 90 días, los pacientes con el síndrome de estrés post-traumático pueden mejorar.</p>	<p>¿Me quiero morir?</p>	<p>SanadMente Movimiento de Salud Mental de California</p>	<p>Pregunte Directamente</p>
<p>1.888.628.9454</p>	<p>GRATIS</p>	<p>El sufrimiento no siempre se nota</p>	<p>¿Está usted listo?</p>



Filipino American Resource Center





Family Health Support Network



K.E.R.U Radio Station



NAMI-Mt San Jacinto



Riverside County Black Chamber of Commerce

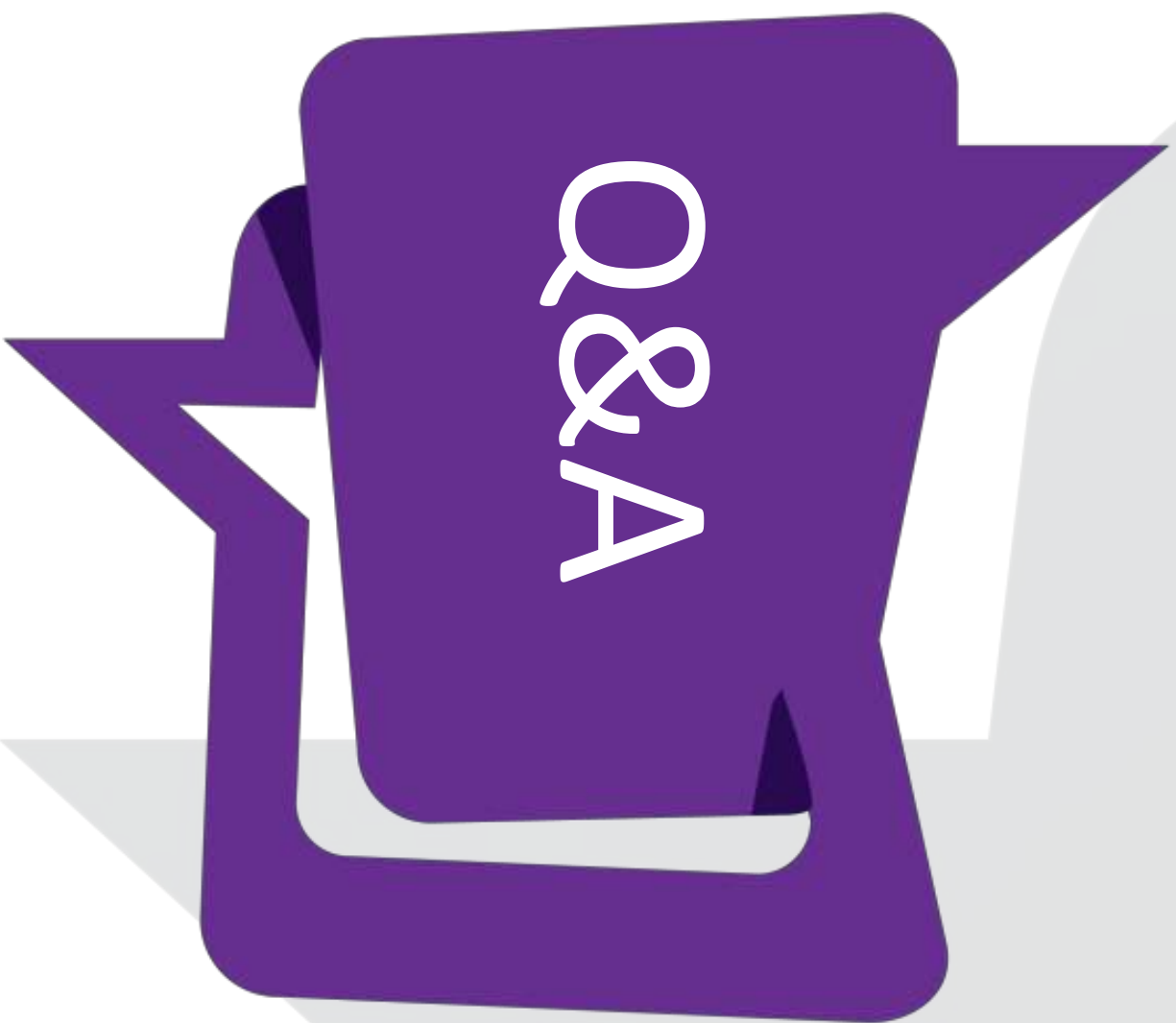


TrueEvolution



Val Verde Unified School District





Suicide Prevention and First Responders

Online Resources

- Drop-In Article
- Data Briefing and Talking Points

For Use by First Responders

- Assessment/Resource Card
- Letter template for leadership
- Poster
- Drop-in Article





Messaging

MESSAGING MATTERS
Tips for Safe and Effective Messaging on Suicide Prevention

- 1. PROVIDE A SUICIDE PREVENTION RESOURCE**
 - Always include a resource such as:
 - National Suicide Prevention Lifeline: (800) 273-8255
 - Crisis Text Line: TEXT "HOME" to 741-741
 - Describe the resources you are offering, and what to expect
- 2. EDUCATE THE AUDIENCE ABOUT WARNING SIGNS AND RISK FACTORS**
 - Include information about warning signs and life circumstances that can increase risk [risk factors]
 - Visit www.suicidprevention.org/learn for a list of warning signs
- 3. AVOID DISCUSSING DETAILS ABOUT THE METHOD OF SUICIDE**
 - Avoid details that describe the suicide including weapon/method used, the specific location, and the location of the wound
- 4. EXPLAIN COMPLEXITY OF SUICIDE, AVOID OVERSIMPLIFYING**
 - Reference the complexity involved in suicide
 - Avoid oversimplifying "causes" of suicide or pointing to one event as "the cause" of a suicide attempt or death
 - Don't speculate. It's natural to want to answer the "why" involved in a suicide but rarely do we fully understand the reasons behind a suicide
- 5. FOCUS ON PREVENTION; AVOID SENSATIONAL LANGUAGE AND IMAGES**
 - Don't use statistics that make suicide seem overly common
 - Consider using positive statistics that highlight help-seeking such as number of calls to the local crisis line, or visits to a prevention focused website
 - Use hopeful images that show people being supported, avoid images that show people suffering alone
- 6. HELPFUL RESOURCES**

Know the Signs - for the public: www.suicidprevention.org/learn

Reporting on Suicide - for the news media: www.suicidprevention.org/learn

Framework for Successful Messaging, National Action Alliance for Suicide Prevention
www.suicidprevention.org/learn

Each Mind Matters Resource Center - to find and download suicide prevention resources in multiple languages and formats: www.suicidprevention.org/learn

Adapted from content of the Digital Media & Suicide Prevention Alliance

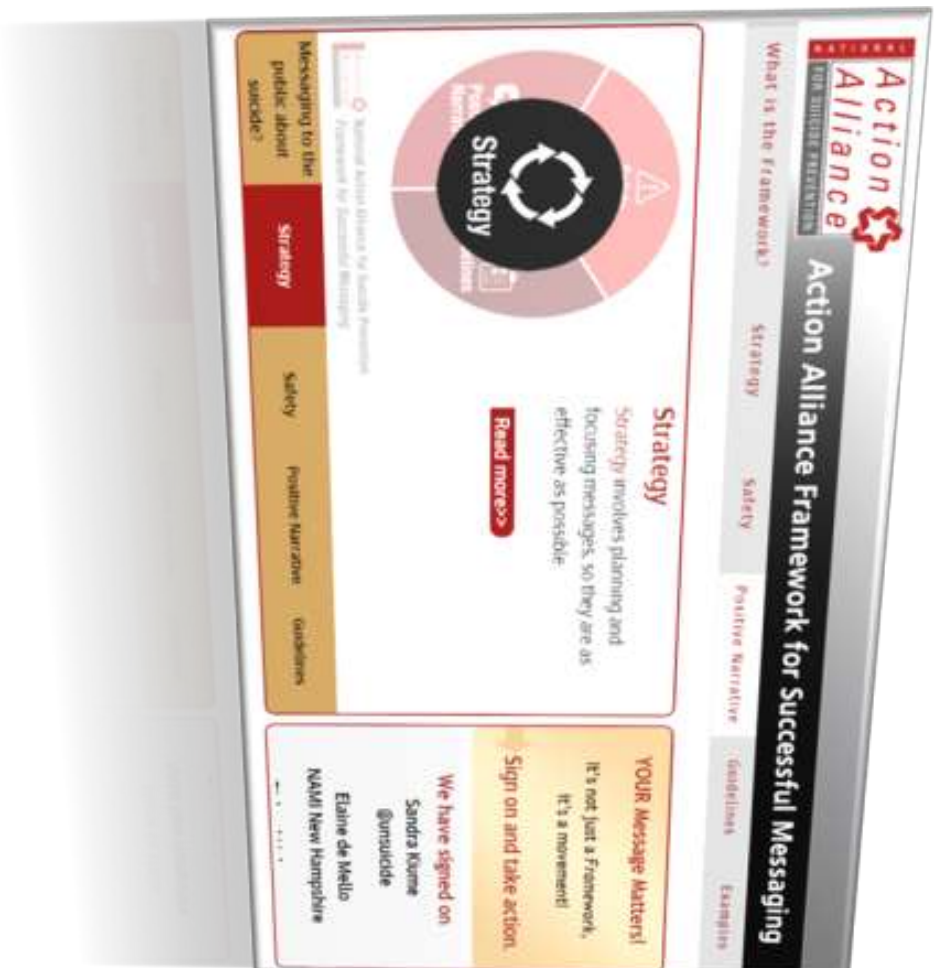
5 FACTORS **NAMI** **suicidprevention.org**

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](https://www.suicidepreventionmessaging.org)

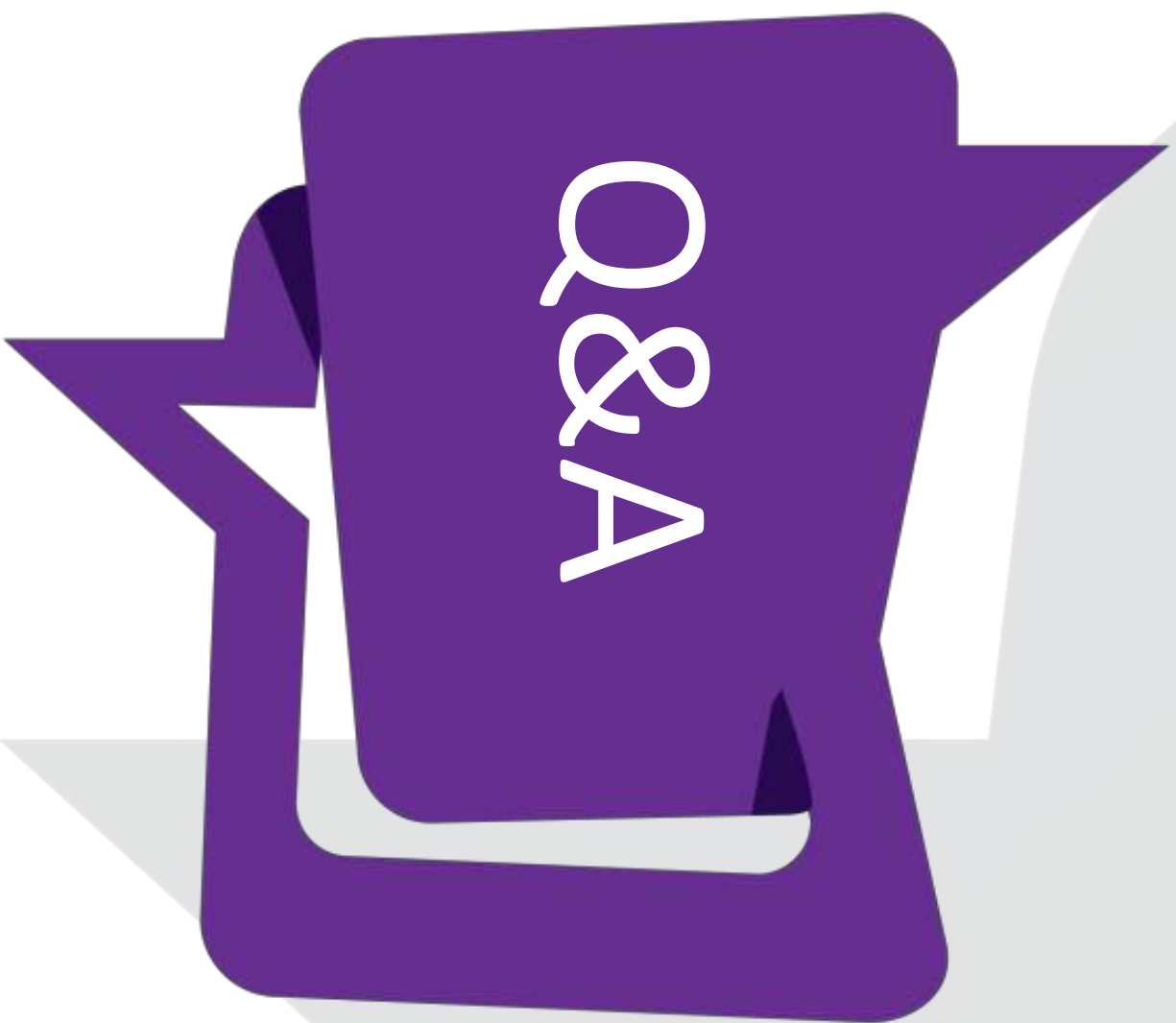
Know the Signs >> Find the Words >> Reach Out

Reporting on Suicide

The screenshot shows the homepage of reportingonsuicide.org. At the top right is a search bar with the text 'Search ReportingOnSuicide.org' and a magnifying glass icon. Below the search bar is a horizontal navigation menu with links: Recommendations, Online Media, Examples, Find an Expert, Research, About, and Other Languages. The main content area features a large blue header with the text 'reporting on suicide.org' and a sub-header 'RECOMMENDATIONS FOR REPORTING ON SUICIDE' above a keyboard image. Below this is a section titled 'Recommendations for Reporting on Suicide' with a paragraph: '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.' At the bottom of this section are two buttons: 'Download in English' and 'See in Other Languages'.

www.ReportingonSuicide.org

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



RESOURCES FOR SCHOOLS, PARENTS AND YOUTH

1. Work with youth to host a **Suicide Prevention Activity**.
2. Host a **What I Wish My Parents Knew** Event to educate parents about suicide prevention and mental health.
3. Engage youth by **creating a film about suicide prevention** or by implementing a suicide prevention activity.
4. Create a **Suicide Prevention Hand-out** and distribute it to all staff.
5. Complete the **postvention checklist** for your school.

Online Resources:

- What I Wish My Parents Knew Event Guide
- School-based Suicide Prevention Activity Tip Sheet
- Suicide Prevention One-Pager for School Staff
- Postvention: Responding to Suicide in your School Community
- Social Media and Email Templates



Directing Change Daily Email Templates , Social Media Posts and "kits"

Create. Compete.
Direct Change
to Save Lives.

Your stories bring to everyone's attention the best practices and communities
that are making a difference.

Register

Directing Change
Program and Film Contest

2015
2016
2017

CALLING ALL YOUNG FILMMAKERS! Submit your original, 60-second film to the Directing Change Program and Film Contest. Prizes and awards will be given to the winners. All winners will receive a DVD with their film and a certificate of achievement.

Winning entries will be shown at the 2017 Directing Change Awards Ceremony on March 1, 2017, at the University of California, Los Angeles.

SUBMISSIONS ARE DUE MARCH 1 every year.

Visit www.DirectingChangeCA.org

Supporting Organizations:
Directing Change - A National Program
University of California, Los Angeles
University of California, Berkeley
University of California, San Diego
University of California, Santa Barbara
University of California, Santa Cruz
University of California, San Francisco
University of California, Irvine
University of California, Merced
University of California, Riverside
University of California, San Jose
University of California, Santa Monica
University of California, Stanislaus
University of California, Stanislaus

Youth Suicide Warning Signs

Like to a trusted friend or reach out to someone you are concerned about if you observe one or more of these warning signs, especially if the behavior is new, is increased or seems related to a painful event, loss or change:

1. Talking about or making plans for suicide
 2. Expressing hopelessness about the future
 3. Displaying new or worsening emotional pain or distress
 4. Showing noticeable changes in mood or behavior, particularly in the presence of the warning signs above.
- Specifically, this includes significant:
- Withdrawal from or changing in social connections/relationships
 - Changes in sleep (depressed or feverish)
 - Major or sudden loss of interest in all or several
 - Recent increase in isolation or irritability
- If you are concerned about someone, reach out and ask, "Are you thinking about suicide?"
- Whether you're going through your own experience or you're in pain or concerned for someone else, call the National Suicide Prevention Hotline at 800.273.8255 (TALK) or Text HOPE to 741-741. You can also visit suicidepreventionlifeline.org for more information.



Sponsors and Partners | Judges | Watch and Use Films | 2015 Award Ceremony | Media | A

RULES AND FAQ | SUBMISSION CATEGORIES | FORMS AND COPYRIGHT

Register

Directing Change
Program and Student Film Contest

Please view and download the amazing films created by our young and talented film makers and check out this tip sheet for ideas to use the films. You can also contact us to receive a DVD with the films and please let us know how you are using the films!

Films by County
Films for Diverse Communities

"FROZEN Sunshine"

"I have to stop guessing how to help you and just ask, what do you need?"

www.DirectingChangeCA.org

View 60-Second Film: <https://vimeo.com/21187501>

Directing Change - A National Program
University of California, Los Angeles
University of California, Berkeley
University of California, San Diego
University of California, Santa Barbara
University of California, Santa Cruz
University of California, San Francisco
University of California, Irvine
University of California, Merced
University of California, Riverside
University of California, San Jose
University of California, Stanislaus
University of California, Stanislaus

Honorable Mention "Your Story"
Orange County
Filmmaker: Kenya Madrick & Paige Walker
Canyon High School
Advisor: Alex Graham

View
Download

What I Wish My Parents Knew

Step by Step Guide for Hosting a What I Wish My Parents Knew Event

1 Form a Planning Committee

The planning committee should ideally include:

- Leadership from the district as well as school administration staff
- Parents and youth. Engaging both parents and youth is important in order to gather information about what will help shape the event to meet the needs of the culture of your school.
- Local subject matter experts: include experts from community-based organizations and behavioral health agencies when possible to better identify issues and resources in the community. For referral, please contact lib@stadaaapreventionhs.org

2 Send Out a Student Survey to Gain Input for Workshop Topics

Student input is the foundation of **What I Wish My Parents Knew** events. It is important to gather a diverse set of students to provide input to shape the event. For example, although including student groups such as ASB and Peer Counseling may be important since these groups work with a variety of students, many times these groups represent a fairly homogenous set of students.

- Consider use of online tools such as google surveys or survey monkey to conduct the survey.
- When gathering input from youth on topics related to their mental health, it is important to also provide resources. The survey should include a reminder of how to access support on campus, as well as in the community.

National Resources: Crisis Text Line: **Home** to 741-741
National Suicide Prevention Line: 800.273.8255

3 Set a Date, Location, and Identify Speakers to Meet the Needs Expressed by Students

The events are intended to occur at least annually, preferably every semester. The allows for parents to attend multiple events and participate in each of the workshops over time.

- For the first event, consider utilizing a school that is central for the district. In subsequent events, consider rotating school sites to allow for more accessibility to parents around the district.
- Your district will want to identify individuals (preferably those already doing work in your district or at least in the school setting) to speak about the topics. Potential organizations to contact include your local county behavioral health agency, the National Alliance on Mental Illness, or the Trevor Project.

Sample Survey

Identify a staff member to facilitate the holding of the event or to provide educational support throughout the event. Send the survey out to all students. You may also consider the following: Consider which time would be central for parents to know more about their goal.

1. Hearing others
2. Seeking Governmental Involvement
3. Submission of Information
4. Openness of Social Media
5. Peer Response
6. Awareness Expectations
7. Gender
8. Dealing w/ Family/Involvement
9. Other/How do you expect responses?

Step by Step Guide for Hosting a What I Wish My Parents Knew Event

4 Student Presenters

As the title suggests, these events are centered around hearing from the youth perspective. To accomplish this, not only is it important to allow students to guide the topics covered in the breakout sessions, but it is vital to have youth or parent with subject matter experts during these sessions. During the workshops, youth can offer insight into their experiences related to the topics.

There are a few considerations to keep in mind when identifying youth and young adults for the workshop presenters:

- For more trauma-related topics such as bullying and suicide prevention, it is vital to ensure the students who are tasked with presenting have strong support systems in place. Parent permission is key to this effort. You'll want to ensure all youth are receiving from the sponsors and are in a "safe place" with their mental health.

• You can also consider recruiting youth and young adults who have recently graduated from the district.

5 Other considerations:

- Work with local organizations that reach youth and parents to assist with promotion of the events. This could include, but obviously is not limited to, WJCA, Boys and Girls Clubs, and Faith Institutions.
- Seek donations or funding to provide food for attendees at the event. Often the events will occur on a weekday and parents will be coming straight from work. Pizza, water and cookies will be much appreciated.
- Consider opportunities for daycare and/or activities for older youth to ease parents have concerns about leaving children at home. Engage students with providing these activities at the events.

Dear Parents,

It is our hope that you are carrying an enormous amount of love for your child. Very often as a parent and school staff, we all agree our child are never more than we love at this age. The American Psychological Association's "Stress is Normal" survey showed that not only are parents very loving, more than they feel is healthy, but spouses and the best friends that come with them are loving them more as younger and younger ages.

To address the issues that youth are facing, such as bullying, suicide, and substance use, we invite you to join us for a special event to discuss the issues that are facing. We recently sent a survey out to our students asking one simple question, "What do you wish your parents knew?" Our goal was to get honest feedback to get a sense of how many about what topics our youth are facing. We invited them to share feedback and input on topics and issues that they would like to see discussed.

This year we have provided for the event "What I Wish My Parents Knew" which will take place on their workshop on a variety of topics including student workshop topics. In addition to the on-site sessions, we will have an event, a presentation based on questions and answers to provide information on the program and present additional youth.

The event is open to all parents within the district, and parents of all ages are encouraged to attend. Although the event is focused on parents, we will be providing childcare and will also look at other ways to "show" youth how much we care about their development.

By coming together to discuss these important topics, we hope that as a community we can continue to better hear and answer the needs of our children. We hope you will consider joining us.

(INSERT NAME/SITE)

Staff Hand-Outs

Suicide Prevention: Recognizing Risk and Responding to Students

Warning Signs:

Warning signs are indicators that someone may be in danger of suicide, either immediately or in the near future. **Most people show one or more warning signs,** so it is important to know the signs and take them seriously especially if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

(www.youthsuicidewarning signs.org/)

- Talking about or making plans for suicide.
- Expressing hopelessness about the future.
- Displaying severe/overwhelming emotional pain or distress.
- Showing worsened behavioral state or marked changes in behavior, particularly in the presence of the warning signs above. Specifically, this includes significant:
 - Withdrawal from or changing in social connections/situations
 - Changes in sleep (increased or decreased)
 - Anger or hostility that seems out of character or out of context
 - Recent increased agitation or irritability

Questions to Ask:

- **Are you thinking about suicide?**
 - Asking someone "Are you thinking about suicide?" will not put thoughts of suicide in his or her mind. In fact, asking this direct question is important.
- **Do you have a plan? Have you thought about how you might do this?**
 - This will help identify further information to assist with the risk assessment later.

Referral and Support:

Don't leave the student alone at any time. As soon as possible, either with the student up to the counseling office or contact the following individuals (see list). No matter what time of day it is, you are required to immediately ensure the student is connected to further support following district protocol.

- Referral Contact List (continue moving down the list until you've made direct contact to provide further assessment for the student):
1. Contact name, phone number
 2. Contact name, phone number
 3. Contact name, phone number
 4. Contact name, phone number
 5. Contact name, phone number
 6. Contact name, phone number
 7. Contact name, phone number
 8. Contact name, phone number
 9. Contact name, phone number
 10. Contact name, phone number

For additional information about suicide prevention visit: suicidprevention.tn.gov for educational resources visit: www.districthighcare.org/schools/



Create a Postvention Plan

Steps to Take in Immediate Aftermath	Staff Responsible	External Contacts (Phone Numbers)	Tools
1. Verify death	Lead: _____ Backup: _____	Police: _____ Medical examiner: _____	Tool 3.A.1 Sample Script for Office Staff
2. Ensure that staff know how to respond to inquiries and manage the campus for safety	Lead: _____ Backup: _____	Superintendent: _____	
3. Notify superintendent's office	Lead: _____ Backup: _____	District crisis team: _____	
4. Notify district crisis team*	Lead: _____ Backup: _____	Weekend/careline night contact: _____	
5. Notify school attendees by family members of the deceased	Lead: _____ Backup: _____	Other adults in district: _____	
6. Contact and coordinate with external mental health professionals	Lead: _____ Backup: _____	Community mental health providers: _____	Tool 3.A.2 Sources of Postvention Consultation
7. Reach out to and work with the family of the deceased	Lead: _____ Backup: _____	External crisis response professionals: _____	Tool 3.A.3 Guidelines for Working with the Family

*In initial conversations, discuss whether the school should notify the main office and other school staff.

Active Minds

Active Minds' Suicide

Prevention Week: Active Minds wants everyone to know — a conversation can be life-changing. [“Here For You”](#) is a positive campaign for mental health awareness and suicide prevention. If you're not sure how to start the conversation, explore Active Minds' easy, three-step V-A-R guide on what to say and do.



Each Mind Matters Resource Center

<https://emresourcecenter.org/>



Initiatives

Collections

About Us

Contact Us

SEARCH RESOURCES

Each Mind Matters is California's Mental Health Movement. We are millions of individuals and thousands of organizations working to advance mental health. Browse our initiatives, collections and resources to find tools you can use to improve mental health and equality in your community, prevent suicide and promote student mental health.

Search Our Resources

SEARCH

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Featured



[Explore »](#)

Explore Our Initiatives



Each Mind Matters
California's Mental Health Movement.
[EXPLORE »](#)



Know the Signs
Pain isn't always obvious. Suicide is preventable.
[EXPLORE »](#)



SanalMente
Movimiento de Salud Mental de California.
[EXPLORE »](#)

Shop

The Each Mind Matters Shop provides promotional and educational materials for supporting California's Mental Health Movement. If you would like to order materials with a Purchase Order, please [review the Purchase Order Process](#). If you have any questions about your order or the Shop, please contact Store@EachMindMatters.org.

Your purchase helps fight stigma in your community! All proceeds from the Each Mind Matters store go to support mental health outreach and education across California.



“A New State of Mind”
Documentary DVD Toolkit



“Be True and Be You” Booklet for
LGBTQ Teens



“Stories of Hope, Resilience and
Recovery” Vignette DVD

New Give-Aways



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

List Your Events

Mental Health

Stories

Get Involved

Events

Resources

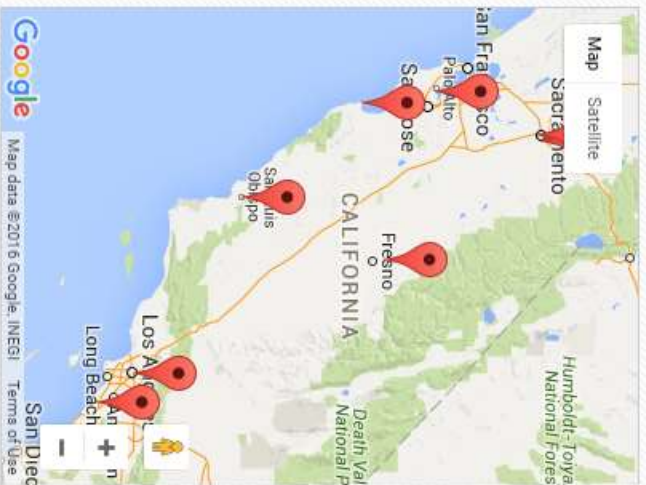
Blog

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



Submit an event:

Add Event

Each Mind Matters Links at a Glance

SanalMente.org

EISuicidioESPrevenible.org

PonteEnMisZapatos.org

BuscaApoyo.org



Twitter: @eachmindmatters

Facebook: [eachmindmatters](https://www.facebook.com/eachmindmatters)

Instagram: [eachmindmatters](https://www.instagram.com/eachmindmatters)

Mental Health

Stories

Get Involved

Events

Resources

Blog



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



Get Involved

One of our central beliefs and our vision for the world is that we should all be better. California's Mental Health Movement gives citizens every day an avenue of action and thousands of opportunities are waiting to advance your health. There are many ways to add your voice and strengthen the movement!



Spread the Word

Learn more about the movement and get tools to help inform others.



...and the words





For questions email: info@suicideispreventable.org

To access the toolkit online:

www.eachmindmatters.org/SPW2019

