

Working Together to Prevent Suicide

Suicide Prevention Week September 9 - 15, 2018 World Suicide Prevention Day September 10, 2018



suicideispreventable.org

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

Thursday September 13: It is Never too Early to Start Talking about Suicide Prevention

As parents we often feel ill-equipped to support the myriad of challenges our children face which may include difficulties with acculturation, bullying, depression and anxiety. This is especially true for our Latina youth; data tells us that young Latinas are at higher risk of attempting suicide than their male counterparts.

While as parents we may feel panic and fear at the thought of suicide, we must stay calm. We can help by guiding them towards resources and the help they need to ease their pain and live happy and productive lives. If you come from a place of love and concern, talking to your child about suicide will be less daunting. Below are some tips for parents:

- 1. Be prepared:** The Know the Signs website provides information about warning signs for youth. Send an email to info@suicideispreventable.org to ask about suicide prevention trainings in your area.
- 2. Familiarize yourself with the National Suicide Prevention Lifeline, Crisis Text Line, and other resources:**
 - Crisis Text Line: text "home" to 741-741
 - National Suicide Prevention Lifeline: 800.273.8255
 - Learn more about mental health at SanaMente.org or EachMindMatters.org.
- 3. Engage Schools:** Schools play an important role in suicide prevention. Aside from that fact that youth spend most of their day on the school campus, schools and districts can be a conduit for bringing the community together around tough conversations.
 - Encourage your school to host a [What I Wish My Parents Knew](#) event.
 - Advocate for your school to start a mental health club such as NAMI Club on Campus or Bring Change to Mind. For support contact info@suicideispreventable.org.
- 4. Make Learning about Suicide Prevention and Mental Health Fun:** The Directing Change Program and Film Contest invites youth ages 14 to 25 and students in grades 7-12 to submit 60-second public service announcements to change conversations about mental health, suicide

prevention and culture in their schools and communities. Young people can win cash prizes and are recognized at an annual red-carpet award ceremony. Visit DirectingchangeCA.org for contest rules and to view films.

Watch and share one of these films with a young person and ask questions: Have you ever felt this way? If you were feeling this way or were concerned about a friend, where would you go for help? What warning signs did you notice?