

**Mental health crises and suicides can be devastating for individuals, families, and communities.** When someone experiences a mental health crisis and doesn't receive the care they need, they can end up in emergency rooms, on the streets, involved in the criminal justice system, or in the worst case, they could lose their life.

**SUICIDE** is the **3<sup>rd</sup>**  
**LEADING CAUSE of DEATH**  
for **young people** ages 15-24

It takes a whole community to help prevent teen suicide.

Parents, peers, professionals and our community can all work together to give hope to those struggling with suicidal ideation.



## SUICIDE PREVENTION

AWARENESS, EDUCATION, PREVENTION.

*A program of the Child Abuse Prevention Council*

**START THE CONVERSATION.  
Save a LIFE!**

**SUICIDE**  
**AWARENESS**  
*Education*  
**+ Prevention**



FUNDED BY:

**SAN JOAQUIN**  
COUNTY

*Behavioral Health Services  
Through the Mental Health Services Act*

**AWARENESS  
& EDUCATION**

**SCREENING  
& REFERRALS**

**SUPPORT GROUPS  
& TRAININGS**

540 N. California St. • Stockton, CA 95202  
(209) 464-4524  
[www.nochildabuse.org](http://www.nochildabuse.org)





## SUICIDE PREVENTION

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# AWARENESS AND EDUCATION

Please visit [www.nochildabuse.org/suicide-prevention/](http://www.nochildabuse.org/suicide-prevention/)

## Screening+ REFERRALS

Staff are on local school campuses taking referrals for any student demonstrating concerns. Concerns may include:

- truancy
- depression
- anxiety
- poor academic performance
- any issue related to their well-being

Staff will evaluate using the Patient Health Questionnaire and refer students to the appropriate mental health services (individual or group services).



Nearly  
**46,000**  
people died by  
suicide in 2020

Many think about suicide or  
attempt suicide

**12.2 million**  
Seriously thought about suicide



**1** death every  
**11** minutes

**3.2 million**  
Made a plan for suicide

**1.2 million**  
Attempted suicide

# BREAK THE STIGMA REACH OUT ASK FOR HELP

## 988 Suicide and Crisis Lifeline

Call or text 988, or chat at [988lifeline.org](http://988lifeline.org)

## SCHOOL BASED SUICIDE PREVENTION OTHER ON-CAMPUS PROGRAMS

### CAST: Coping And Skills Training

CAST delivers life-skills training and social support in a small-group format (6-8 participants per group).

Students discuss stigmas often associated with depression and will learn about:

- Goal setting
- Increasing mood management
- Improving school performance
- Decreasing drug involvement
- Improving decision making skills
- Improving self-esteem

### BFD

#### Break Free from Depression

Break Free from Depression is a school-based curriculum designed to increase adolescents' awareness and knowledge about depression, enhance their ability to recognize signs and symptoms in themselves and their friends.

## SUICIDE PREVENTION TRAINING

### Yellow Ribbon Training

FREE 60 minute training geared towards empowering people of ALL AGES to learn how to recognize and interrupt teen/youth suicide.



*Yellow Ribbon Program  
founded in Loving  
Memory of Mike Emme*

Training includes:

- Warning signs and risk factors
- What causes depression and suicidal thoughts
- How to respond to a cry for help
- Myths and facts about suicide
- Protective Measures
- Do's and Don'ts
- Family, Peers, Bullying
- **Faith Based Presentations Available**

## Additional training available for adults and youth

Need more training? Ask about **SafeTALK**, an in-depth 4-hour training that can be offered as a complement to Yellow Ribbon training or as a standalone training. It prepares the participant to prevent suicide by recognizing signs, engaging someone, and connecting them to an intervention resource for further support.

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\*Available to those age 15+

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SUICIDE PREVENTION  
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