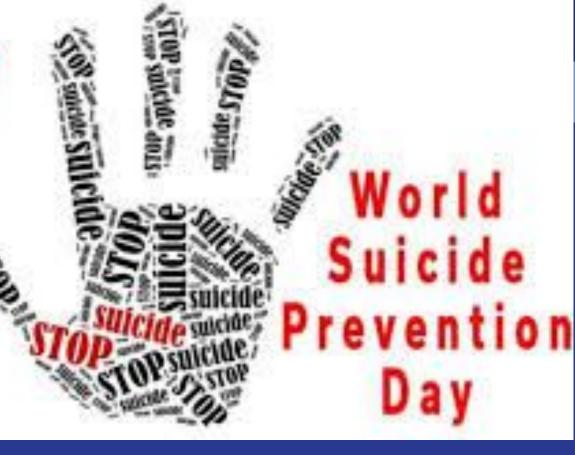
## Suicide Prevention Lesson YCHS Counseling Team

September 10, 2020

### September 10th



## Suicide Prevention Resources Be a lifesaver



Your Primary Care Provider Mental Health Professional Walk-in Clinic Emergency Department Urgent Care Center



National Suicide Prevention Lifeline

1-800-273-TALK (8255) Veterans: Press 1 911 Call 911 for Emergencies



**Find a Mental Health Provider** 

findtreatment.samhsa.gov mentalhealthamerica.net/finding-help



**Text TALK to 741741** 

Text with a trained crisis counselor from the Crisis Text Line for free, 24/7





### SEPTEMBER 10th IS WORLD SUICIDE PREVENTION DAY



Complete all 5 steps at take5tosavelives.org





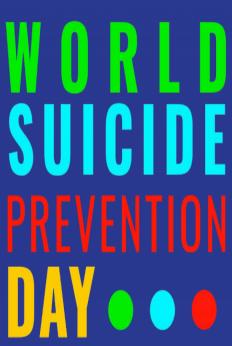






### Take 5

- 1.) Learn the signs
- 2.) Know how to help
- 3.) Practice self-care
- 4.) Reach out
- 5.) Spread the word





### 1. Learn the Signs



### 2. Know how to help: "Speak Out"



### 3. Practice Self-Care

## Self-Care Strategies for Resilience

• Start a gratitude journal



• Prepare your favorite food



Make your space comfy and cozy



Video chat with your best friends



Set boundaries with your media consumption



 Make a playlist of your favorite songs (and share with your friends)





## TYPES OF SELF-CARE











Sleep
Stretching
Walking
Physical release
Healthy food
Yoga
Rest

#### **EMOTIONAL**

Stress managment

Emotional maturity

Forgiveness Compassion Kindness

### SOCIAL

Boundaries
Support systems
Positive social
media
Communication
Time together
Ask for help

#### SPIRITUAL

Time alone
Meditation
Yoga
Connection
Nature
Journaling
Sacred space

### 4. Reach Out

If you or someone you know is in need of emotional support or help, call the National Suicide Prevention Lifeline. Trained helpers are available 24/7.

1-800-273-TALK (8255)

https://www.take5tosavelives.org/take-5-steps

### **Reach Out For Help**

Reaching out is the most important step to help someone or get help for yourself:

- 1.) Talk with a close friend or family member you trust.
- 2.) Call a hotline or helpline and talk to a trained helper.
- 3.) Try e-counseling if that sounds appealing.
- 4.) Schedule an appointment with a professional therapist.
- 5.) Try a support group.



### 5. Spread the Word



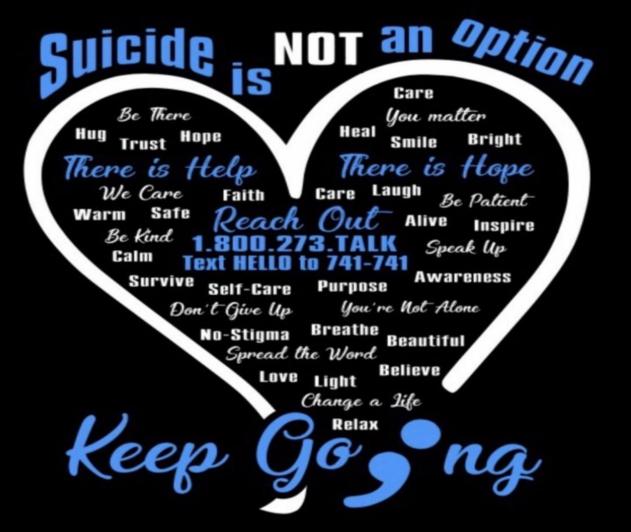
# Suicide Victims are not "weak", "selfish' or "cowards"...



they are fathers, mothers, sons, daughters, husbands, wives, brothers, sisters, cousins, grandchildren and friends who were in pain and are missed and loved everyday. Choose your words carefully and please don't judge what you cannot possibly understand.

Raise awareness not stigma.

Out of the Ashes/FB



### Suicide Prevention Lifeline



1-800-273-TALK (8255)

suicidepreventionlifeline.org

**RED NACIONAL** 

de

PREVENCIÓN del SUICIDIO

prevencion del suicidio.org

1-888-628-9454