



Recognition of National Suicide Prevention Month

Board Meeting
September 16, 2021
Agenda Item No. 8.3

Presented by: Victoria Flores, Director III, Student Support & Health Services

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HOW TO REACH OUT TO A FRIEND ABOUT MENTAL HEALTH

Having a conversation about mental health might be uncomfortable, but it can make all the difference. Try one of these opening lines to help make starting the conversation easier.

- ★ Seems like something's up. Do you wanna talk about what's going on?
- ★ I've noticed you've been down lately. What's going on?
- ★ Hey, we haven't talked in a while. How are you?

September 5-11, 2021 is National Suicide Prevention Week, and September 2021 is National Recovery Month, when millions of people around the world join their voices to share a message of hope and healing

Recent study in the American Medical Association journal JAMA Network Open found that with the COVID-19 pandemic and social distancing, nearly a quarter of people in the United States are experiencing symptoms of depression, three times as much as before the pandemic

Encourage friends, family, co-workers, and providers to recognize the signs of a problem, and guide those in need to appropriate services and supports as friends and social media are key sources of information for young people

SCUSD Student Support & Health Services team is dedicated to promoting and providing suicide prevention awareness, education and interventions designed to build resiliency, create safety, and find hope

Questions/Comments