

#SuicidePreventionMonth2020

Hope, Resilience & Recovery



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

suicideispreventable.org

September is national suicide prevention month. The purpose of having a month dedicated to suicide prevention is to decrease the stigma around mental health and increase suicide prevention awareness. A component of increasing awareness is understanding mental health and substance use disorders while celebrating recovery. Starting conversations that encourage help-seeking can build resiliency in our community.

Suicide can be prevented. Some of us have been touched by the tragedy of suicide. We may have lost someone close to us or been moved by the loss of someone we may have never met. Suicide can be prevented; you can help by taking the following actions:

- **Know the Signs:** Most people who are considering suicide show some warning signs or signals of their intentions. Learn to recognize these [warning signs](#) and how to respond to them.
- **Find the Words:** If you are concerned about someone, ask them directly if they are thinking about suicide. This can be difficult to do but being direct provides an opportunity for them to open up and talk about their distress and will not suggest the idea to them if they aren't already thinking about it. The "[Find the Words](#)" section of the Know the Signs web site suggests ways to start the conversation.
- **Reach Out:** You are not alone in this. Before having the conversation, become familiar with some resources to offer to the person you are concerned about. Visit the "[Reach Out](#)" section of California's Suicide Prevention campaign website to identify where you can find help for your friend or loved one.

Resources to spread awareness, build hope, and foster resiliency:

- [Suicide Prevention Activity Tip Sheet](#)
- [Riverside County Suicide Prevention Awareness Activity Calendar](#)
- [Directing Change - Murrieta Valley High School 3rd Place Winner](#)

Important Phone Numbers:

Local Suicide Crisis
Line:
(951) 686-HELP

RUHS-Behavioral
Health Access Line:
1 (800) 706-7500

National Suicide
Prevention Lifeline:
1 (800) 273-TALK

COVID-19 Info
Line:
2-1-1