



SUICIDE INTERVENTION

WE CAN ALL PREVENT SUICIDE
WE CAN ALL TAKE ACTION



Know The Risk Factor

- Mental disorders
- Alcohol and other substance abuse
- Hopelessness
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical illnesses
- Family history of suicide
- Job or financial loss
- Loss of relationship(s)
- Easy access to lethal means
- Local clusters of suicide
- Lack of social support and sense of isolation
- The stigma associated with asking for help
- Lack of healthcare
- Cultural and religious beliefs



Know The Warning Signs

- Talking about wanting to die or to kill themselves.
- Looking for a way to kill themselves.
- Likes searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.



Know Your Part

Understanding the issues concerning suicide and mental health in a meaningful way to participate in suicide prevention, help others in crisis, and change the conversation around suicide. Suicide can affect anyone. Evidence shows that providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can all take to help other

CONTACT INFORMATION

School Counselors:

Darcie Young (Walnut)- Dyoung@vlcs.org

Jessica Uribe (Akers)- Juribe@vlcs.org

School Psychologists:

Darren Hardy- Dhardy@vlcs.org

Visalia Youth Services:

(559)627-1490 or

Emergency (800) 320-1616

Suicide Prevention Hotline(24hrs):

(800)273-8255

CORE SERVICES



Small Groups



Website Resource Accessibility



Emotional Support Therapy Animal



Individual Counseling



Book Resources For Parents
<https://bit.ly/3gdhyGQ>



Counseling Referral On Our Website