

ICS HEADSTART MENTAL HEALTH AWARENESS NEWSLETTER

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Suicide Prevention

“Don’t Keep Suicide a Secret”

Mental health affects all of us every day. Whether we’re experiencing difficulties in our own lives, know someone who is going through problems, or learning about these issues on-line, our mental well-being regularly changes and deserves our attention. Mental health issues are a year-round concern for many and during these times are great ways to open up conversations and cut away the stigmas surrounding mental health. September is National ***Suicide Prevention Awareness Month***, which is observed September 6-12th as National Suicide Week and the 10th is chosen as National Suicide Prevention Day.



Suicide can be a difficult topic for many to confront, but it is important not to shy away from these conversations. For more info...contact National Suicide Prevention Lifeline (1-800-273-8255) or suicidepreventionlifeline.org for online emotional support.

Suicide is the second leading cause of death for young people between the ages of 10 to 24. Sometimes your struggle can be underestimated because of age. Don't be afraid to let friends, family, or teachers know what you need when they ask; they want to help.



Safety Health Tips on Handwashing

Handwashing is one of the main resources to prevent the spread of coronavirus (COVID-19). It is important to learn how upper respiratory and gastro-intestinal disease can be spread. Learning about the T Zone, which stands for the eyes, nose, and mouth where these germs enters the body. The average person touches their face between 15 & 23 times per hours. Avoid touching these areas to help prevent the spread of germs. This will help reduce absenteeism due to illness. A healthy student is a better learner.



“Colors of Feelings”

Kid’s Mental Health during Quarantine

- *If your child is having difficulty concentrating, it might be a red flag.*
- *Any change in normal behaviors or patterns could be a symptom of other conditions.*
- *It's common for children to regress to earlier behaviors like bed-wetting or tantrums when they're under stress.*

Hope, Resilience & Recovery

Suicide Prevention Week: September 6-12, 2020

World Suicide Prevention Day: September 10

National Recovery Month: September



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

suicideispreventable.org

Send Date: Thursday, September 10th, 2020

Email Subject: "Get Involved In World Suicide Prevention Day"

It is World Suicide Prevention Day! Observed each year on September 10th, World Suicide Prevention Day provides the opportunity for people, communities and organizations around the globe to raise awareness of suicide and suicide prevention. Today is a day where we are reminded that everyone can play a role in suicide prevention, as preventing suicide is truly a community effort.

On this special day, take some time to join thousands around the globe in showing your support and raising awareness for suicide prevention. Learn the warning signs for suicide, find the words to express concern to those you care about, connect with your friends, families and co-workers and reach out for help. Here's additional ways to get involved:

- Join in World Suicide Prevention Day celebrations and light a candle near a window at 8PM. Find "Light a Candle Near a Window at 8 PM" postcards in various languages [here](#).
- Put together bags with resources, including materials from the kit, and host a 'World Suicide Prevention Day Drive Through' where people can come and pick up free resource kits.
- Take [Each Mind Matters Pledge](#) to share how you're strengthening California's Mental Health Movement.
- Play "The Rock" or "Reconozca Las Señales" 30-second radio spots while callers are placed on hold to local 2-1-1 or county access lines or reach out to a local radio station. The spots can be customized.

To learn more about World Suicide Prevention Day, visit <https://www.iasp.info/wspd2020/>.

Find even more activities in [Each Mind Matters Suicide Prevention Week 2020 Kit here](#).

Connect with Each Mind Matters and thousands throughout the country during Suicide Prevention Week and National Recovery Month online by tagging @EachMindMatters and using hashtags #EachMindMatters #SuicidePreventionWeek2020 #NationalRecoveryMonth #KnowTheSigns. Today utilize the hashtag #WorldSuicidePreventionDay