

RECENT CELEBRITY DEATHS CAN HELP START ESSENTIAL CONVERSATIONS

NATIONAL
SUICIDE PREVENTION
LIFELINE™
1-800-273-TALK
www.suicidepreventionlifeline.org

Fans and followers of Kate Spade and Anthony Bourdain are in shock these last few weeks, mourning their unexpected deaths. Suicide among such well-known, talented, and apparently successful individuals reminds us that public personas often conceal personal struggles. Although most people who die by suicide are not famous, they too may be masking their despair, feelings of inadequacy, or hopelessness. Additionally, their relationship problems, financial concerns, or health issues may contribute to feeling overwhelmed.

For anyone struggling - trained, compassionate people are ready to listen to you: Call anytime: **1-800-273-8255** or text to **741741**. [En Espanol: **888-628-9454**]

At the same time, these well-publicized deaths are motivating many individuals to begin to reveal their own struggles to their friends—on social media and in personal conversations. These are essential steps to help overcome the isolation that often accompanies suicidal feelings and such revelations can be responded to with compassion and understanding.

Sonoma County Behavioral Health encourages you to reach out to any of your friends, family and co-workers who may be having difficulty coping. Visit www.suicideispreventable.org to **know the signs, find the words** to start a conversation with someone you are concerned about, and to find resources you can **reach out** to for help and support. Check the Each Mind Matters **“Say This Not That”** tip sheet (<https://bit.ly/2pk1pUn>) for more advice. Pain isn't always obvious: know the signs, find the words and reach out.

SUICIDE PREVENTION RESOURCES

EachMind MATTERS
California's Mental Health Movement

A network of hundreds of organizations and thousands of individuals working to advance mental health issues in California.

www.EachMindMatters.org

A statewide social marketing campaign intended to educate Californians how to recognize the warning signs of suicide, how to find the words to have a direct conversation with someone in crisis and where to find professional help and resources.

www.suicideispreventable.org

SPRC
SUICIDE PREVENTION RESOURCE CENTER

Provides technical assistance, training, and materials to increase the knowledge & expertise of suicide prevention practitioners & other professionals serving people at risk for suicide.

www.sprc.org

Promotes suicide as a research discipline, public awareness programs, public education and training for professionals and volunteers.

<http://suicidology.org/>

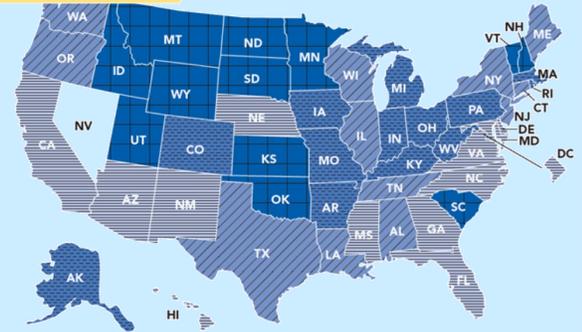
Pain Isn't Always Obvious

KNOW THE SIGNS

Suicide Is Preventable

AA
AMERICAN ASSOCIATION OF SUICIDOLOGY

Suicide rates rose across the US from 1999 to 2016.



SOURCE: Centers for Disease Control and Prevention (CDC) National Vital Statistics System; CDC Vital Signs, June 2018

www.cdc.gov/media/releases/2018/p0607-suicide-prevention.html

LOCAL SUICIDE PREVENTION RESOURCES

Sonoma County Department of Health Services Behavioral Health Division provides resources for people and their loved ones that are experiencing depression and/or thoughts of suicide. The **North Bay Suicide Prevention Hotline** is a toll-free, confidential 24/7 suicide prevention hotline (**1-855-587-6373**) that will connect you with a trained crisis counselor.

If you or someone you know is having a mental health crisis you can get help 24 hours a day, seven days a week by calling Sonoma County's 24-hour Emergency Mental Health Hotline: **(800) 746-8181**. To find out more about how to access mental health resources in Sonoma County, call **(707) 565-6900** or **(800) 870-8786** or visit the Behavioral Health website:

www.sonoma-county.org/health/topics/suicideprevention.asp

24 HOUR HOTLINE
NORTH BAY SUICIDE PREVENTION
HOTLINE OF SONOMA COUNTY
1 855 587 6373
Suicide Prevention • Crisis Intervention • Toll free

What are the Warning Signs for Suicide?

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself, such as 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.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.