

MAY 2024



YOU MATTER SHASTA
SUICIDE PREVENTION

IT'S OKAY

to not be

OKAY

The following piece is based on the Substance Abuse and Mental Health Services Administration (SAMHSA)'s article: [*It's Okay to Not Be Okay: Tips and Resources for Mental Health Awareness Month*](#)

When we show compassion and care, we can be a lifeline to others. Consider checking in on your loved ones to see how they're feeling and if they need extra support.

Parents/Kids: If you are a parent or caregiver, [talk to your kids](#) about their mental health. Connecting youth to support during the early stages of

mental health challenges can help prevent them from developing into more serious conditions.

Older Adults: If you know an older adult who may be experiencing bereavement, illness, or isolation, [watch for clues](#) and ask how they are doing during visits. [CDC data](#) shows that suicide rates are on the rise, especially among adults ages 65 and older – so it’s critical to recognize the warning signs so we can offer help.

New Mothers: If you know someone who is pregnant or recently gave birth, check to see how they’re feeling. About [1 in 8 women](#) report symptoms of postpartum depression in the year after giving birth. If left untreated, maternal mental health issues can lead to serious consequences, including pregnancy-related deaths, such as suicides, drug overdoses and other unintentional injuries.

These are just a few examples of how you can serve as a lifeline to others this month and beyond. Simply listening, and providing support, can make a significant – and even lifesaving – difference to someone living with mental illness.

If you or someone you know needs immediate mental health support, call or text [988 Suicide & Crisis Lifeline](#) or chat [988lifeline.org](#).



**OUT OF THE DARKNESS WALK
PLANNING COMMITTEE**



Volunteer support needed! Help plan Shasta County's *Out of The Darkness Walk* for September 2024 to support community members impacted by suicide!

These community walks offer connection and support to those who have been affected by suicide & raise awareness about suicide prevention efforts. The walks also help to raise funds for the vital work of the [AFSP program](#).

Email shastawalks4hope@gmail.com or call 530-262-8161 to learn more about joining the Planning Committee.

JUNE IS PRIDE MONTH!

Pride Month is an annual celebration of LGBTQ+ identities and experiences.

As we celebrate Pride month, it is important to recognize the mental health needs of LGBTQ+ individuals and communities. As noted by the Trevor Project's [2024 national survey](#) on LGBTQ+ mental health, more than 1 in 10 LGBTQ+ young people attempted suicide in the past year.

It is crucial to equip LGBTQ+ youth with resources and support so that they can thrive and feel safe to be true to themselves. Visit the [LGBTQ+ resource page](#) on the You Matter Shasta website to find help that's right for you.



LGBTQ+ young people are not inherently prone to higher suicide risk

because of their sexual orientation or gender identity. Rather, they are placed at higher risk because of stigma, discrimination, and harmful policies/laws.

REDDING PRIDE

A promotional poster for Redding Pride. The top features a rainbow gradient background with logos for 'presented by NOR CAL PROJECT OUTREACH' and 'in partnership with V!VA DOWNTOWN'. The main text reads 'REDDING PRIDE' in large, bold letters, with 'PRIDE' containing a rainbow heart icon. Below 'PRIDE' is the tagline 'New Beginnings!' in a colorful script font. To the right, it says 'MARKET ST. PROMENADE', 'june 22nd 12pm - 5pm', and 'ALL AGES | FREE FESTIVAL'. At the bottom, a black bar contains the text 'an LBGTQIA2S+ event fit for our changing city'.

Celebrate new beginnings at Redding Pride on June 22!

Learn more about this event [here](#). The You Matter Shasta booth will be sharing out mental health and suicide prevention resources. We hope to see you there!

FREE SUICIDE PREVENTION TRAININGS!



2024-2025 SUICIDE PREVENTION EVIDENCE-BASED TRAININGS

- Free for Behavioral Health & Medical Professionals
- CEUs when available

Recognize & support those with suicide risk

ASSESSING AND MANAGING SUICIDE RISK TRAINING (AMSR)

Medical and behavioral health providers and support staff working in inpatient/outpatient settings can develop skills to provide confident and empathetic assessment, treatment and care to patients at risk of suicide.

ADVANCING SUICIDE PREVENTION & MANAGEMENT FOR DIVERSE CLIENTELE (SUICIDE PREVENTION 201 & 202)

Behavioral health clinicians will learn to manage suicide risk, incorporate the latest suicide prevention standards, and address the management of suicide in diverse populations. (SP 201 is required for registration into SP 202.)

COUNSELING ON ACCESS TO LETHAL MEANS (CALM TRAINING)

Help keep at-risk clients safe by learning how to collaborate with them to implement safe storage of firearms and medications, helping to prevent suicide.



TO RECEIVE MORE INFORMATION, CONTACT:

Katy Dill
Shasta County HHSA
Suicide Prevention Program
530-229-8094
youmattershasta@co.shasta.ca.us

Or scan to be connected to email updates.



Funding for this training was made possible by the California Department of Public Health (CDPH), supported by the Centers for Disease Control and Prevention (CDC). The views expressed in written materials or publications and by speakers do not necessarily reflect the official views of the Centers of Disease Control and Prevention, the Department of Health and Human Services, the CDPH or the Shasta County Health and Human Services Agency (HHSA). Funding for some of these trainings is also provided through the Mental Health Services Act.

Shasta County Health & Human Services Agency's Suicide Prevention Program will be offering **FREE** suicide prevention trainings **designed for medical and behavioral health care providers** during 2024 and 2025.

These **FREE trainings** expand awareness of suicidal risk behaviors, broaden intervention skills, and strengthen knowledge of local suicide prevention resources. **CEU's** will be available for some trainings.

Upcoming Training Dates:

- *Assessing & Managing Suicide Risk (AMSR)*
 - *In-person, June 14, 2024: [Click here for details.](#)*
 - [Register for AMSR here!](#)
- *Suicide Prevention 201*

- Live Zoom August 26-27, 2024 OR Self Study options: [Click here for details.](#)
- [Register for SP 201 here!](#)
- *Counseling on Access to Lethal Means (CALM)*
 - *In-person, June 28, 2024:* [Click here for details.](#)
- [Register for CALM here!](#)

For questions, contact YouMatterShasta@shastacounty.gov or call 530-229-8094.

MEN'S HEALTH MONTH



Get tips, tools and advice to tune up your mental wellness.

 **Captain-Awesome.org**

Shasta County Health & Human Services Agency Sponsored by Shasta County Health and Human Services Agency in conjunction with our many community partners and advisory boards. Funding provided through the Mental Health Services Act.

During June we recognize Men's Health Month to shine a light on health issues impacting men and boys in our communities.

In Shasta County, one of the main health concerns for men is mental health and suicide. Men make up about 49% of the Shasta County population but account for 80% of all suicide deaths.

The Captain Awesome campaign was created to help combat the stigma surrounding mental health and encourage men to get support when they need it. The campaign features Shasta County men who share tips and tools for mental wellbeing. Check out the League of Awesomes and find support on the [Captain Awesome website](#).

Want to participate in Captain Awesome or provide feedback for the campaign? Fill out [this quick survey](#) to get started!

ART OF RECOVERY

SAMHSA recently launched their [2024 Art of Recovery](#) project which highlights the impact of art on mental health and substance use recovery. The project showcases how creative expression can help individuals find **connection, healing, and empowerment**.



SAMHSA is accepting submissions from artists with lived or living recovery experience from **May 7 to June 28**. The project includes categories for youth 13-17 and adults 18+. Artists may submit in two categories: painting, drawing or mixed media, and photography.

[Submit your art here!](#)

ASIAN AMERICAN & PACIFIC ISLANDER HERITAGE MONTH



In May we recognized Asian American and Pacific Islander (AAPI) Heritage Month.

During AAPI Heritage Month, we honor AAPI identities and experiences, and work to raise awareness and increase support for the mental health needs of these communities.

A variety of AAPI mental health resources can be found on the [MHTCC website](#).



988 Suicide and Crisis Lifeline



The 988 Suicide & Crisis Lifeline offers free, confidential support 24/7 to people experiencing mental health-related distress such as:

- Thoughts of suicide
- Mental health or substance use crisis, or
- Any other kind of emotional distress

People can call or text [988](tel:988) or chat 988lifeline.org for themselves or if they are worried about a loved one.

No matter what challenges you're experiencing, [988](tel:988) can offer support.

SPEAKING OF SUICIDE (SOS) SUPPORT GROUP



SOS is a peer-led, non-therapeutic, support group for anyone who has lost someone to suicide, struggled with thoughts of suicide themselves, or survived a suicide attempt.

This group provides a safe place where you can openly share your experiences, hear from others with similar struggles, and have the opportunity to support others. Join them on Facebook [here!](#)

This is an open meeting for anyone 16 years of age or older.

For more information about SOS, call Marcia Ramstrom at **530-440-6033** or [email her.](#)

GET INVOLVED

SAVE THE DATES



SHASTA SUICIDE PREVENTION COLLABORATIVE 2024 MEETING CALENDAR

TUESDAY; 2:30 PM - 4 PM

📅 JANUARY 9TH 📅 MAY 14TH 📅 SEPTEMBER 10TH
📅 MARCH 12TH 📅 JULY 9TH 📅 NOVEMBER 12TH

*PLEASE RSVP AS SPACE IS LIMITED
CONTACT SSTINGER@CO.SHASTA.CA.US TO JOIN

Save the dates for the 2024 Shasta Suicide Prevention Collaborative meeting schedule!

The next Collaborative meeting will be held on Tuesday, July 9th, 2024, from 2:30-4PM. Location TBD.

If you would like to receive updates about Collaborative meetings and activities, please email

YouMatterShasta@shastacounty.gov. Add your voice to the discussion on suicide prevention in Shasta County. We look forward to seeing

you soon!

Don't forget to like our [Facebook page](#) for updates and inspirational posts!

WORTH THE READ



You Will Get Through This Night written by Daniel Howell, in conjunction with a qualified psychologist, gives you the tools to understand your mind so you can be in control and really live. Split into three chapters for each stage of the journey:

This Night - how to get through your toughest moments and be prepared to face anything.

Tomorrow - small steps to change your thoughts and actions with a big impact on your life.

The Days After - help to look after yourself in the long term and not just survive, but thrive.

You will laugh and learn—but most of all, this book will assure you that even in your darkest times, there is always hope.

ADDITIONAL RESOURCES

[Captain
Awesome](#)

[Mobile Crisis
Outreach Team](#)

[CARE Center](#)

[Never a Bother](#)

[Friendship
Line](#)

Want to learn how to care for your mental wellbeing?

Subscribe to the Community Mental Wellbeing Newsletter!



Newsletter Topics Include

Seasonal Wellness, Brain Health Tips, Mindfulness Tools, Teen Wellbeing Resources and more!



Shasta County
Health & Human
Services Agency

OUR SPONSOR:

The Shasta Suicide Prevention Collaborative is sponsored by Shasta County Health and Human Services Agency in conjunction with our many community partners and advisory boards. Funding for this project is provided through the Mental Health Services Act.



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Don't forget to like us on [Facebook!](#)



YOU MATTER SHASTA
SUICIDE PREVENTION

Visit our website

Shasta County Health and Human Services Agency Suicide Prevention Program
2660 Breslauer Way Redding, California 96001-4246
(530) 229-8426

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