

AUGUST 2024



**YOU MATTER SHASTA**  
SUICIDE PREVENTION

≡ Love ≡  
over loneliness



September is Suicide Prevention Awareness Month. We observe Suicide Prevention Month to raise awareness about the impact of suicide in our community, reduce stigma, and inspire hope that lives can be saved.

This year's theme for Suicide Prevention Month is "Love Over Loneliness." Feeling lonely can affect mental and physical health as well as increase risk for experiencing suicidal thoughts. The best remedy for loneliness is connecting with others and fostering meaningful relationships. Together, we can help prevent suicide with the power of love and connection.

Here are a few ways to connect with others and share hope this Suicide Prevention Month:

- **Participate in Shasta County's Out of the Darkness Community Walk on September 7** in Redding to show support for attempt and loss survivors and help champion the vital work of the American Foundation for Suicide Prevention. [Register for free here!](#)
- **Join the Light of Hope Event on September 10** to get connected with resources and watch the Sundial Bridge light up in teal and purple colors in honor of suicide prevention month. Visit [YouMatterShasta.org/events/](https://YouMatterShasta.org/events/) for event details.
- **Sign up for a FREE suicide prevention training!** Visit [YouMatterShasta.org/training/](https://YouMatterShasta.org/training/) to learn about upcoming training opportunities.
- **Learn about the warning signs of suicide** and how to connect someone at risk to support by visiting [SuicidelsPreventable.org](https://SuicidelsPreventable.org).
- **Share suicide prevention resources** with your friends, family, coworkers, neighbors, and fellow community members! Visit [YouMatterShasta.org/resources/for-everyone/](https://YouMatterShasta.org/resources/for-everyone/) to learn what resources are available.
- **Be mindful of how you talk about mental health and suicide.** The words you use matter. You can break down negative stereotypes and give people hope by choosing words that are relatable and promote understanding. For some quick tips on talking about suicide, check out the resource, [Your Language Matters](#).
- **Follow You Matter Shasta on Facebook** to stay up-to-date on local events and resources for Suicide Prevention Month.

We hope you join us in celebrating Suicide Prevention Month. Together, we can create a community that is safe from suicide.

If you or someone you know needs immediate mental health support, call or text [988 Suicide & Crisis Lifeline](https://www.988lifeline.org) or chat [988lifeline.org](https://www.988lifeline.org). There is help and there is hope.

**WALK  
WITH US**

TO PREVENT SUICIDE

**REGISTER TODAY**

Shasta County Out of the Darkness Community Walk

Saturday, September 7, 2024

Caldwell Park - Carter House Lawn in Redding

8:00AM Registration & Resource Fair

9:00AM Ceremony & Walk

Register at

[afsp.org/ShastaCounty](https://afsp.org/ShastaCounty)

**#StopSuicide**



American  
Foundation  
for Suicide  
Prevention



OUT OF THE  
DARKNESS  
Community Walks

# Volunteers Needed!



Join the Out of the Darkness  
Walk Planning Committee!

To volunteer, contact  
[ShastaWalks4Hope@gmail.com](mailto:ShastaWalks4Hope@gmail.com)  
or call 530-262-8161.

Volunteer support needed! Join Shasta County's *Out of The Darkness Walk* Planning & Volunteer Committee to support community members impacted by suicide this September.

The community walk offers connection and support to those who have been affected by suicide & helps raise awareness for suicide prevention efforts. The walk also raises funds for the vital work of the [AFSP program](#).

Email [shastawalks4hope@gmail.com](mailto:shastawalks4hope@gmail.com) or call 530-262-8161 to learn more about joining the Planning Committee.

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# LIGHT OF HOPE EVENT

## World Suicide Prevention Day

September 10, 2024

When: 5 - 7:30pm  
September 10

Where: Sundial Bridge  
Redding, CA

You Matter Shasta is sharing suicide prevention resources in honor of World Suicide Prevention Day!

A **Lighting Ceremony** will take place at 7pm to show support for survivors and remember those we have lost to suicide.



Shasta County  
Health & Human  
Services Agency

**988** SUICIDE & CRISIS  
LIFELINE

This event is funded by the Mental Health Services Act.

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# 988 DAY

**988** | SUICIDE & CRISIS  
LIFELINE



# Join Us for **#988Day** on 9/8



**NO JUDGMENT.  
JUST HELP.**

988 Day is a day dedicated to raising awareness about the 988 Suicide & Crisis Lifeline. It is also a day to highlight the importance of mental health and suicide prevention.

Join us on September 8, 2024, to help spread the message "No Judgment. Just Help." Check out the [988 Day Toolkit](#) on SAMHSA's website to help spread the word. Don't forget to share what you did on social media using the hashtag #988day.

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## RECOVERY HAPPENS 2024



**We Do Recover!** Get connected with a community that believes recovery is possible.

Join us from 10 a.m. – 2 p.m. on **Saturday, September 21**, at the Lake Redding Park Pavilion and Gazebo for FREE BBQ, carnival snacks and family fun. Listen to live music and inspiring testimonials from people in recovery, and talk with substance use treatment providers at the event's resource fair.

To learn more, visit the Recovery Happens 2024 event page on [Facebook](#).

## MENTAL HEALTH IN AMERICA

Mental Health America (MHA) recently published their 2024 report on the state of mental health in America.

The report offers clarity on the issues individuals and communities in America face when it comes to mental health. The data included in this report can be used as a tool for positive change.


Check out the report [here!](#)

### THE STATE OF MENTAL HEALTH IN AMERICA



2024  
Edition

## 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

The complex block features a teal and purple suicide prevention ribbon on the left. The text is in white and teal. A circular graphic on the right contains the text 'Recognize & support those with suicide risk'.

Shasta County Health & Human Services Agency's Suicide Prevention Program is offering **FREE** suicide prevention trainings **designed for medical and behavioral health providers** during 2024 and 2025. Free CEUs are available for select trainings.

**These trainings are only available until May 2025, so sign up before they're gone!**

## Upcoming Training Dates:

- *Counseling on Access to Lethal Means (CALM)*
  - In-person September 6, 2024: [Click here for details.](#)
- *Assessing & Managing Suicide Risk (AMSR)*
  - In-person October 17-18, 2024 OR Self-Study option: [Click here for details.](#)
- Suicide Prevention 201 / 202
  - Live Zoom January 21 & 23, 2025 OR Self-Study option: [Click here for details.](#)

[Register for the trainings here!](#) Registration is required as seats are limited.

Visit [YouMatterShasta.org/training](https://YouMatterShasta.org/training) for more information.

# ASIST

## APPLIED SUICIDE INTERVENTION SKILLS TRAINING

### OCTOBER 10 & 11, 2024 8AM - 4PM

SHASTA COLLEGE - DOWNTOWN CAMPUS  
1400 MARKET ST. REDDING, CA

### FREE TRAINING WITH CEUS AVAILABLE!

- ASIST is a FREE, two-day, in-person workshop. Participants MUST attend both days.
- Pre-registration is required, as space is limited. CEUs are available!
- Learn to recognize when someone may be at-risk for suicide and work with them to create a plan to support their immediate safety.
- To register, email [sstinger@shastacounty.gov](mailto:sstinger@shastacounty.gov) or call Sydney Stinger at (530) 229-8426



Shasta County  
Health & Human  
Services Agency

Training provided by Marcia Ramstrom, Lotus Educational Services, Inc. in partnership with Shasta County HHSA. Funding for this event is provided through the Mental Health Services Act.

Click on the flyer to learn more about the ASIST training



and how to register!

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## 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

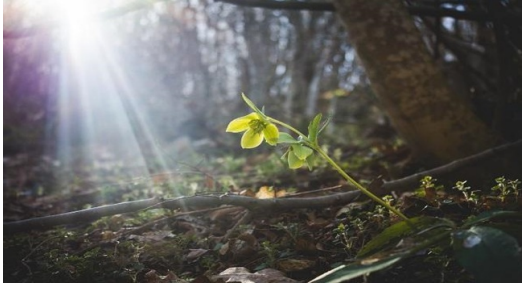
People can call or text [988](tel:988) or chat [988lifeline.org](https://988lifeline.org) for themselves or if they are worried about a loved one.

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

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## 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.

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

For more information about SOS, contact Nick Zeponi at [NZeponi@hillcountryclinic.org](mailto:NZeponi@hillcountryclinic.org) or call 530-691-4446.

## GET INVOLVED

### 2024 Meeting Schedule



### Suicide Prevention Collaborative

📅 **January 9**   📅 **May 14**   📅 **September 10**  
📅 **March 12**   📅 **July 9**   📅 **November 12**



To join, call 530-229-8426 or email [YouMatterShasta@shastacounty.gov](mailto:YouMatterShasta@shastacounty.gov)

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

The next Collaborative meeting will be held on **Tuesday, September 10th, 2024, from 2:30-4PM at Dignity Health Connected Living located on 100 Mercy Oaks Dr. in Redding.**

[RSVP here to attend in-person or online!](#)

If you would like to receive updates about Collaborative

meetings and activities, please email [YouMatterShasta@shastacounty.gov](mailto: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 the [You Matter Shasta Facebook page](#) for updates and inspirational posts!

## WORTH THE READ

In the book, *Stress Resets*, the clinical psychologist, Dr. Jennifer L. Taitz, shares 75 scientifically proven ways to improve how you respond to stress, both in the moment and the long run.

"Reading *Stress Resets* is like getting a warm hug and wise advice from someone you trust. In these research-backed exercises, Dr. Jerry Taitz shows us that true relief can be within everyone's reach."  
—ARIANNA HUFFINGTON, founder and CEO of Thrive Global

# Stress Resets



JENNIFER L. TAITZ  
PsyD, ABPP

The book includes simple yet powerful exercises that can be used in your daily life to stop the cycle of stress. You'll be able to build your resilience so you can navigate whatever comes your way and accomplish what matters to you most.

Through personal anecdotes, expert interviews, cutting-edge studies, and practical tips, you'll learn how to manage your emotions instead of the other way around. *Stress Resets* will not only change how you view your stress but also give you the hope and confidence you need to reset and ultimately change how you feel.

## 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!



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## 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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**Health & Human  
Services Agency**

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  
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(530) 229-8426

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