

JULY 2024



YOU MATTER SHASTA
SUICIDE PREVENTION

The Power of



Self Compassion

The following article is based on [*What Is Self-Compassion and How Can We Cultivate It?*](#) by the McLean Hospital which can be found on their website.

Compassion is the ability to understand the feelings of others and act with kindness. It plays an important role in our relationships and our well-being.

Self-compassion is just as important. When we have self-compassion, we can recognize our emotions and respond in a caring way. Self-compassion is essential to having a healthy relationship with ourselves. It has many

mental health benefits.

What Is Self-Compassion?

According to the psychologist, Kristin Neff, PhD, self-compassion involves:

- Being kind and understanding with yourself in instances of pain or failure rather than being self-critical.
- Understanding your experiences are part of the larger human experience.
- Being aware of painful thoughts and feelings rather than over-analyzing them or taking them to heart.

Self-Compassion vs. Self-Esteem

Self-compassion might be confused with self-esteem. Although both states involve feelings of self-worth, they differ in how they are experienced.

Dr. Neff points out that self-esteem is more egocentric than self-compassion because it involves feelings of specialness and comparing oneself favorably to others.

Self-esteem involves feeling above average and can only be achieved when people do well in the areas of life they value (for example, when they feel good about their physical appearance or academic accomplishments).

When these areas do not go well, self-esteem, and mental health, suffer.

Another drawback of self-esteem? A sense of superiority can come with it and sets people apart from others, creating a sense of isolation.

Self-compassion, on the other hand, involves acknowledging that everyone struggles at times.

When people have self-compassion, they do not rely on external sources of validation, like achievements, to feel valued. Because of this, self-compassion is more constant than self-esteem.

When we have self-compassion, we understand that we are human. We make mistakes, and we do not need to compare ourselves to others in order to feel better. When life does not go as we wish, we do not need to isolate ourselves out of shame.

Instead, we recognize that we are part of humanity, part of a greater whole, and that we are not alone. Even though this feeling of connectedness is rooted in hardship, it is good for our mental health.

If you or your loved one are struggling, please know that you are not alone. For 24/7 crisis support text HELLO to [741-741](tel:741-741) or dial [988](tel:988). Because 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



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
or call 530-262-8161.

Volunteer support needed! Help plan Shasta County's *Out of The Darkness Walk* for September 7, 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.

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.

HELPING YOUR CHILD FIND BALANCE

Today's youth are pulled in many directions and constantly connected through technology which can impact youth and family mental health.

Mental Health America's webinar - "[I don't know how to help my child find balance](#)" - explores practical strategies



and tips to empower parents to help their children maintain a healthy lifestyle and find balance in various aspects of their life.

Check out the webinar [here](#).

IMPACT OF SOCIAL MEDIA ON YOUTH MENTAL HEALTH

Up to 95% of youth between the ages of 13–17 report use a social media platform, with more than a third saying they use social media “almost constantly” as noted by the [U.S. Surgeon General](#).

With the widespread use of social media among youth, there is a growing concern about its impact on mental health.

The National Training & Technical Assistance Center (NTTAC) for Mental Health provides a summary about the effects of social media on youth mental health and highlights key steps parents, caregivers, and school staff can take to support young people.

View the summary and key action steps [here](#).



REDDING RANCHERIA DISCOVER HEALTH FAIR




Redding Rancheria Discover Health Fair

Get connected with local resources at the Redding Rancheria Health Fair on August 7!

Learn more about this event [here](#). The You Matter Shasta booth will be sharing 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

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

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

Upcoming Training Dates:

- *Assessing & Managing Suicide Risk (AMSR)*
 - *Self-Study Courses:* [Click here for details.](#)

- [Register for AMSR here!](#)

- *Suicide Prevention 201 / 202*
 - 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 September 6, 2024 (8:30a.m. - 12p.m.): [Click here for details.](#)

- [Register for CALM here!](#)

Visit YouMatterShasta.org/training for more information.

safeTALK

SUICIDE ALERTNESS FOR EVERYONE

FRIDAY, AUGUST 23, 2024

8:30AM - 12:30PM

1400 MARKET ST., REDDING, CA

FREE TRAINING WITH CEUS AVAILABLE!

- SafeTALK is a FREE, half-day, in-person workshop.
- Pre-registration is required, as space is limited. CEUs are available!
- Learn to recognize and engage with persons having thoughts of suicide and connect them to an intervention resource.
- To register, email [sstinger@shastacounty.gov](mailto:ssstinger@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.

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 ssstinger@shastacounty.gov or call Sydney Stinger at (530) 229-8426



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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 flyers to learn more about the SafeTALK & ASIST trainings and how to register!

988 Suicide and Crisis Lifeline



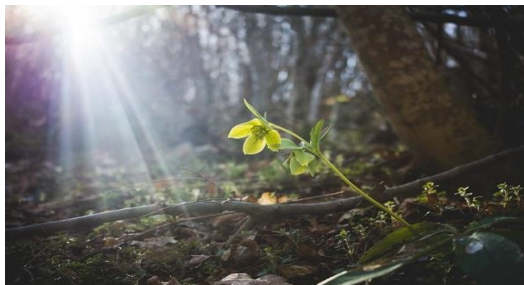
The 988 Suicide & Crisis Lifeline offers free, confidential support 24/7 to people experiencing mental health-related distress such as:

- 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.

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

For more information about SOS, contact Nick Zepponi at NZepponi@hillcountryclinic.org or call 530-691-4446.

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, September 10th, 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 the [You Matter Shasta Facebook page](#) for updates and inspirational posts!

WORTH THE READ

Vulnerability, or the willingness to show up and be seen, can help lead us to a path of love, belonging, creativity, and joy. But living a brave and vulnerable life is not always easy: We are, inevitably, going to stumble and fall.

In the book, *Rising Strong*, author Brene Brown shares stories from people of various backgrounds - leaders, artists, clergy members, couples, and so many more - on what it takes to get back up when we fall.

Through these stories, Brene highlights the importance and power of emotion and not being afraid to lean into discomfort.

In this book, you'll learn to *reckon* with

THE #1 NEW YORK TIMES BESTSELLER
FROM THE AUTHOR OF *DARING GREATLY*

RISING STRONG

THE RECKONING. THE RUMBLE.
THE REVOLUTION.

*If we are brave enough, often enough, we will fall.
This is a book about what it takes to get back up.*

BRENÉ BROWN, PhD, MSW

your emotions and get curious about what your feeling; *rumble* with your story until you get to a place of truth; and live this process, every day, until it becomes a practice and creates nothing short of a *revolution* in your life.

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.



Shasta County
**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
2660 Breslauer Way Redding, California 96001-4246
(530) 229-8426

Shasta County Health and Human Services Agency | 2660 Breslauer Way | Redding, CA
96001-4246 US

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