

SEPTEMBER 2024



**YOU MATTER SHASTA**  
**SUICIDE PREVENTION**

# Taking Action for Suicide Prevention

There are many ways to take action for suicide prevention. You can check-in on a loved one, learn the warning signs of suicide, share mental health resources, or participate in a training. Another effective way to help prevent suicide is practicing means safety. **Means safety** refers to putting time and distance between a person who might be at risk of suicide and the method or means (e.g., medication, firearm, etc.) they could possibly use to end their life. [Research](#) has shown that this strategy can be lifesaving.

Some examples of practicing means safety include putting medication in a locking case or storing firearms in a lockbox. These simple steps can help save a life.

Ryan Price, the [AFSP](#) Director of Chapter Engagement, shares his experience as a former firearm retailer and the importance of means safety in the article [Time and Distance: The Key to Firearm Suicide Prevention](#):

"When someone dies by suicide, the circumstances are complex. But something that every firearm-owning household can do is to implement a strategy for increasing the time it takes to access a firearm. Why? Because: Most firearm deaths are suicides.

I didn't know this when I worked for an FFL (Federal Firearms License holder) in a firearms retail setting for several years. Nobody did — because we weren't talking about it at the time. Things are different now and more firearm owners are aware that over the past 20 years, about 60% of all firearm deaths in the U.S were suicides. (See here for the latest available [statistics](#) on suicide.)

Most people who survive a suicide attempt do not go on to die by suicide. About 90% of people who survive a suicide attempt ultimately reach [the help they need](#). When a firearm is involved, however, it's almost always lethal. If someone is thinking about using a firearm to take their life and they don't have the ability to access it during a time of crisis, they are unlikely to attempt suicide in another way.

Putting time and distance between people and firearms is an important action step for every firearm owner, so here are some considerations: Firearms should be stored securely when not in use. Remember — the more time you can put between a person who might be at risk for suicide and a firearm the better.

**Three steps to keep your home safe from firearm suicide: Lock, Limit and Temporarily remove.**

**1) Lock:** When firearms are not in use, they should be locked and unloaded. Ammunition should be locked in a separate location.

**2) Limit:** Consider taking steps to limit access to firearms, such as changing safe combinations, changing locks or giving the keys or combination to a locking device to a trusted person.

**3) Temporarily remove firearms from the home if someone is at risk—** and trust your gut about that, if someone in your home isn't acting like themselves. It's important to be aware of your state's firearm transfer laws

when storing them outside the home.

According to a recent [Poll](#), almost every adult in the U.S (96%) would act if someone close to them was thinking about suicide, and about 80% of adults in the U.S are eager to learn how to help someone who may be suicidal. So please take action today, by learning how you can help someone who may be thinking about suicide." Visit the [Striving for Safety website](#) to learn more about means safety resources or [afsp.org/firearms](https://afsp.org/firearms).

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

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## HIGHLIGHTS FROM SUICIDE PREVENTION MONTH



Suicide Prevention Month was full of wonderful events and activities that brought community members together to share hope. Highlights included:

- 1) Out of the Darkness Walk (Sep. 7): Check out photos from the event on the [Shasta County Out of the Darkness Community Walk Facebook page](#)
- 2) First Annual 988 Day (Sep. 8): View the [988 Day Social Wall](#) to see how people around the country participated
- 3) Sundial Bridge Lighting (Sep. 10): Check out photos from the event on the [You Matter Shasta Facebook page](#).

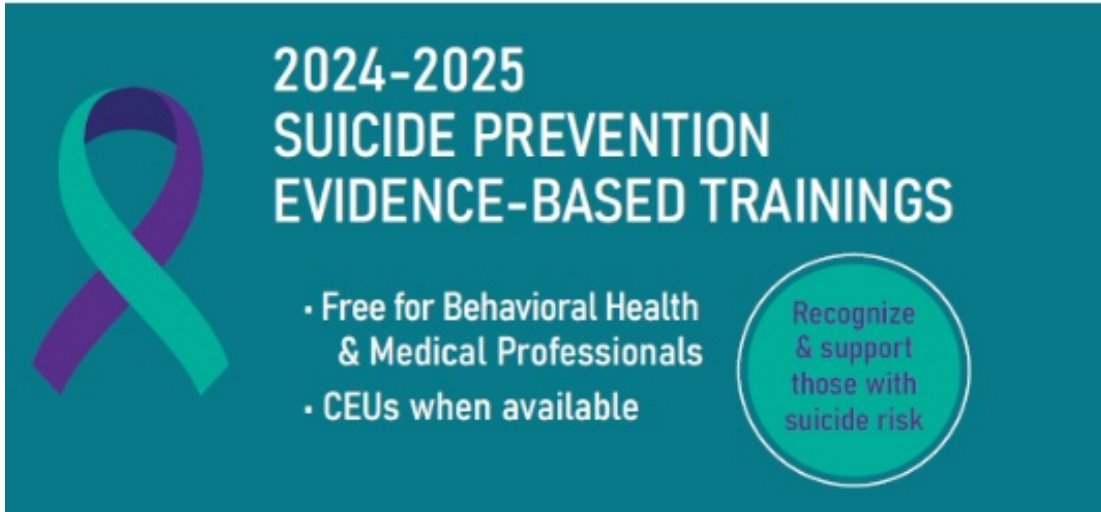
Though Suicide Prevention Month has come to an end, You Matter Shasta continues to work with local organizations, programs, businesses and community members to prevent suicide and connect people to support. Learn how you can get involved by visiting [YouMatterShasta.org](https://YouMatterShasta.org).

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# FREE SUICIDE PREVENTION



# TRAININGS!



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

**2024-2025  
SUICIDE PREVENTION  
EVIDENCE-BASED TRAININGS**

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

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:

- *Assessing & Managing Suicide Risk (AMSR)*
  - In-person October 17-18, 2024 OR Self-Study option: [Click here for details.](#)
- *Counseling on Access to Lethal Means (CALM)*
  - In-person January 10, 2025: [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.

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# 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](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.

Click on the flyer to learn more about the ASIST training  
and how to register!

**STAND DOWN 2024**

# STAND DOWN 2024

October 17, 18, 19

*“For All  
Homeless  
Veterans”*



*“A Hand Up,  
Not A  
Hand Out”*

**Shasta District Fairgrounds - Inside Fusaro Hall & Trinity Hall  
Hwy 273 in Anderson California**

REGISTRATION STARTS AT 8 AM Thursday & Friday

*Homeless Veterans: women and men, active duty personnel, veterans and their significant others are welcome!*

Help spread the word about Shasta County's Stand Down event and connect unhoused veterans with FREE services such as food, medical check-ups, DMV support, and more. Stand Down will be held at the Shasta District Fairgrounds from October 17 to 19.

To learn more, visit the North Valley Stand Down [Facebook page](#).

## CONNECTING WITH OLDER ADULTS

Connecting with others and forming meaningful relationships is critical to our overall wellbeing and preventing suicide. As noted by the [U.S. Surgeon General](#), social connection increases the odds of survival by as much as 50 percent.



Help to reduce loneliness and prevent suicide in our older adults by taking an interest in their life! Older adults provide wisdom, insights, and information about unique experiences that can enrich our lives. **Some ideas for connecting with an older adult in a meaningful way include:**

- 1) Organizing an informal family reunion with extended family, or a virtual call if you reside in different places.
- 2) Asking your older relatives for recipe tips, or how to make that famous family dish.
- 3) Asking an older couple who have been together for a long time for

relationship advice.

4) Asking your grandparents to share a story about a meaningful experience they have had in the past.

Let's work together to stay healthy throughout our lives! Learn more about how to support the older adults in your life by visiting the [Healthy Brain Initiative website](#).

## DRUG TAKE BACK DAY



The poster features a dark blue background on the left with white and orange text. At the top left are the logos for the Sheriff's Office and the District Attorney's Office. The main text reads 'NATIONAL DRUG TAKE BACK DAY' and 'DRIVE THRU & DROP OFF YOUR UNWANTED MEDICATION'. Below this, it says 'Join us at Redding City Hall on Cypress Saturday, October 26th • 10am to 2pm'. At the bottom are logos for the Redding Police Department and the Shasta County Chemical People. The right side of the poster shows a close-up of several orange and white capsules and a white pill bottle on an orange surface.

NATIONAL DRUG TAKE  
BACK DAY

**DRIVE THRU &  
DROP OFF YOUR  
UNWANTED  
MEDICATION**

Join us at Redding City Hall on Cypress  
Saturday, October 26th • 10am to 2pm

Help prevent suicide and overdose by safely disposing of unneeded or expired medications during National Drug Take Back Day! Shasta County Chemical People and Redding Police Department will be hosting a medication drive thru and drop off on October 26 from 10am to 2pm at Redding City Hall.

Learn more about the event by visiting the [Shasta County Chemical People Facebook page](#).





## Lethal Means Safety

### What is it?

Reducing access to items like firearms, medication, and sharp objects.

### How?

Lock items away, remove them, or add barriers. This gives time for intervention or for the crisis to pass.

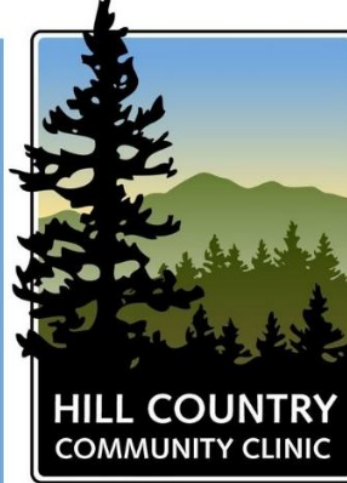


**988** | SUICIDE & CRISIS  
**LIFELINE**

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**MCOT IS NOW 24/7**

**MOBILE CRISIS  
OUTREACH  
TEAM (MCOT)  
NOW AVAILABLE  
24/7!**



**IF YOU OR SOMEONE  
YOU KNOW NEEDS**

- Urgent Mental Health Evaluation
- Crisis Intervention
- Resource Connections
- Support for individuals, families, caregivers

**Call Us  
530-238-7133**  
for urgent response  
anywhere in Shasta  
County

***MCOT general info: 530-238-7134***

The [Hill Country Mobile Crisis Outreach Team \(MCOT\)](#) now offers mental health crisis care 24/7 for individuals of all ages within 25 miles of the Redding area!

- For general information about MCOT, call 530-238-7134
- For an urgent, mental health crisis response, call 530-238-7133

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**988 Suicide and Crisis Lifeline**

# 988

SUICIDE & CRISIS  
LIFELINE



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

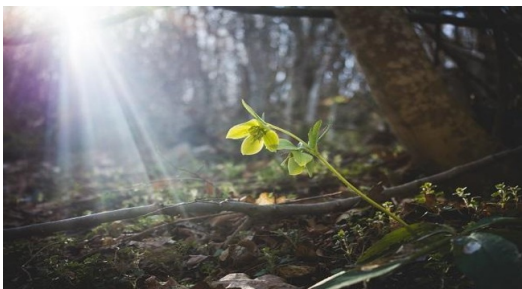
- Thoughts of suicide
- Mental health or substance use crisis, or
- Any other kind of emotional distress

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, 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 date for the last Shasta Suicide Prevention Collaborative meeting of 2024! The meeting schedule for 2025 will be shared soon.

The next Collaborative meeting will be held on Tuesday, November 12th, 2024, from 2:30-4PM. Location TBD.

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

*“You Are Not Alone for Parents and Caregivers: The NAMI Guide to Navigating Your Child’s Mental Health”* is a great resource for every trusted adult helping a child or young adult manage their mental health.

Child psychiatrist and NAMI’s Associate Medical Director, Dr. Christine Crawford, provides a comprehensive, compassionate, and practical resource for anyone concerned about a child’s mental health. Dr. Crawford shares insights into how mental health conditions may manifest at different ages, what kind of interventions may be necessary, and what to do to help kids thrive.

Parents, caregivers, and young people themselves share personal stories about their paths to recovery to help readers



The NAMI Guide to Navigating  
Your Child's Mental Health

you are  
not alone

for Parents  
and Caregivers

With Advice from Experts  
and Wisdom from Real Families

CHRISTINE M. CRAWFORD, MD



know that they are not alone.

## 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.



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

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