



It's Up to Us[®]

to Create a Healthy & Supportive San Diego

A special bulletin covering mental health topics for San Diegans



Edition Thirty

About the Campaign

Today, like all Americans, San Diegans face heightened isolation, fears, stressors, and levels of fatigue. During COVID-19, extended periods of physical distancing, and ensuing health and economic disparities, more of us than ever are facing mental health challenges.

To support all peoples and communities through these difficult times, the It's Up to Us campaign is working hard to open up and normalize mental health challenges. We are providing guidance on how and when to offer support for those in need, as well as how to reach out for support yourself.

By raising awareness, encouraging dialogue, and providing access to local resources, we aim to inspire wellness, reduce stigma, and prevent suicide in all San Diegans, with a particular emphasis on San Diego's hardest hit and most at-risk populations.

This campaign is developed through the County of San Diego Health and Human Services Agency and supports the County's Live Well San Diego vision to promote a community that is healthy, safe, and thriving.

Up2SD.org[®]
LINK UP FOR INFORMATION AND MENTAL HEALTH RESOURCES

Access & Crisis Line
(888) 724-7240

COMMUNITY RESOURCES
2-1-1



Community Care & Support During COVID-19: Tips to Take a "Mindful" Pause

In the whirlwind of life and COVID-19, how can we pause and calm our minds to capture and truly experience every moment? By incorporating two elements: awareness and acceptance. Mindfulness is a state of mind in which we focus on the present moment, being fully aware of our feelings and emotions and accepting them as they are.

Mindfulness has been shown to have a strong, positive impact on mental health and provides protective factors for suicide prevention. It has been shown to reduce stress, increase focus and concentration, decrease worry and anxiety, and enhance feelings of resiliency and the capacity to navigate distress.

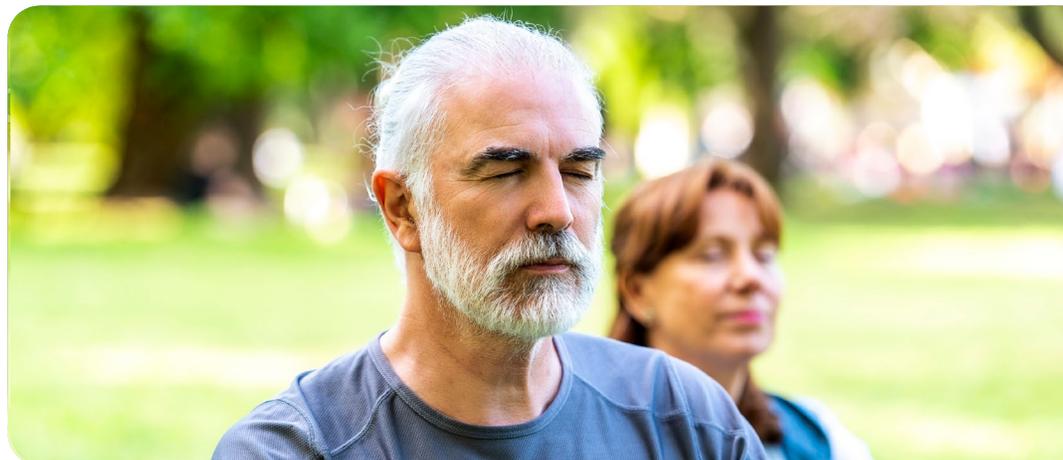
Incorporating daily mindfulness practices into our routines can have a strong impact on our mental health. Try the STOP technique to cultivate calmness.

- Slow down
- Take a breath
- Observe your body, thoughts, and feelings
- Process your possibilities, then proceed



Substance Use Spotlight

Studies show that substance use is rising at alarming rates. We can all be mindful of our intake levels, patterns, and behaviors. If you notice that your use, or the use of someone you know, is rising, it's okay to reach out to offer or ask for support. If you are worried, visit Up2SD.org or reach out to the Access & Crisis Line for questions or emergencies at (888) 724-7240.



Did You Know?

September is Suicide Prevention Awareness and Recovery Month. *It's Up to Us* to know the signs, find the words, and reach out.

Shine a Light On:

Self-Care and How to Flourish in Current Circumstances

Times are challenging, so let's stop putting ourselves on the backburner. Self-care means intentionally disconnecting from the whirlwind of life and focusing on ourselves to recharge and engage in activities that revive us.

Self-Care: How to Flourish in Life

Social: Humans are social beings – we need to feel connected to others. Social self-care practices can deepen our relationships and help create feelings of belonging and acceptance.

- Engage in meaningful conversations with a friend while wearing COVID-19 masks
- Call a family member just to chat
- Spend time, even while remaining physically distanced, with those who encourage you



Physical: These practices address your fitness, eating, and sleeping habits, as well as overall physical health. Taking care of your body will boost your self-esteem during COVID-19, and help you and your family flourish at home.

- Exercise regularly at home/try a new outdoor workout
- Eat nourishing foods
- Get a restful and full night's sleep



Mental: These strategies stimulate your mind and give it a chance to rest. This will allow for learning and growth.

- Solve a puzzle or play a game
- Listen to music
- Disconnect from social media



Emotional: Bringing peace to our inner thoughts can reduce stress and anxiety, lead to a better understanding of ourselves, and create greater compassion toward ourselves and others.

- Practice self-reflection
- Say “no” to set healthy boundaries, like by taking the time you need to be alone and reflect
- Use positive affirmations



Spiritual: Spiritual self-care can help you and your family find more meaning in life and discover a sense of purpose.

- Spend time in nature
- Meditate
- Practice yoga

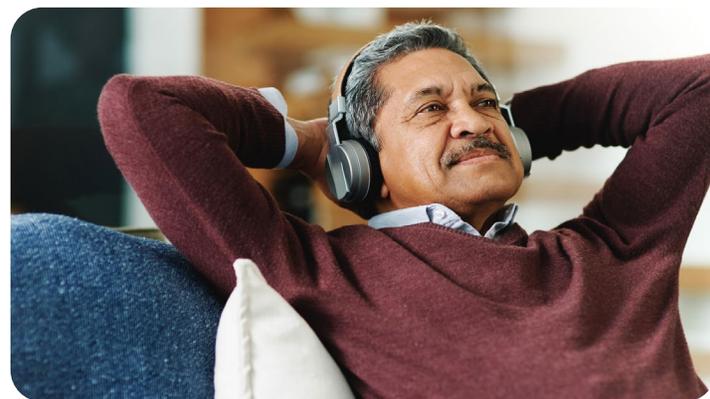


Get Up and Get Active: Being Safe Outdoors in San Diego

A proven way to relieve stress is to get outside for a breath of fresh air, and San Diego has lots of it! Community and neighborhood parks, open space parks, Mission Bay Park, and Balboa Park are OPEN for activities like walking, jogging, and hiking. Heading outside with yourself, your family, or people in your household can be enjoyable for all. Plus, most parking lots are now open to their full capacity.

Get more information about San Diego's parks and recreation services at:

www.sandiego.gov/park-and-recreation



To get more information about how to practice self-care and flourish at home, visit:
www.up2sd.org/thriving-at-home

Up2SD.org[®]
LINK UP FOR INFORMATION AND MENTAL HEALTH RESOURCES

Call (888) 724-7240 for immediate help.
Free, confidential support in all languages
7 days a week / 24 hours a day

Read Up:

If You're Worried Someone May be Thinking of Suicide, It's Up to Us can Offer Resources

Asking a loved one if they are thinking about suicide is not an easy thing to do. What if you are wrong? Or what if they say yes? Know that trusting your instincts and asking the question is absolutely the right thing to do. And you are not alone! Here are some steps and resources to consider when evaluating how to support the person you are concerned about.

When is a call to a crisis line the right tool?

Crisis lines are designed to quickly assess the level of risk in a situation and get the caller to the appropriate services. The San Diego Access & Crisis Line (888) 724-7240 is available 24/7 and answered by trained counselors who are skilled in intervening with those who are acutely suicidal, as well as individuals who are concerned about someone else.

When is a call to 9-1-1 the right tool?

Calling 9-1-1 connects the situation to first responders, such as law enforcement, firefighters, and EMTs. If you suspect that someone is about to or has already harmed themselves and requires medical attention, or if you are in danger, this is the right tool.

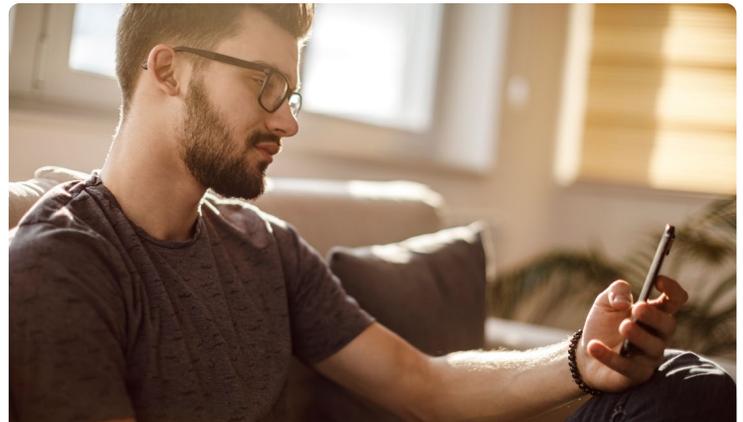
How do I know if I should be worried about someone?

Becoming familiar with warning signs and resources, being willing to listen, and being ready to take steps to reduce access to lethal means are tools you can always have at your disposal.

Know the Signs: Pain isn't always obvious, but most suicidal people show some signs that they are thinking about suicide. If you observe one or more warning signs of suicide, step in or speak up.

Find the Words: "Are you thinking of ending your life?" Few phrases are as difficult to say to a friend or loved one. But when it comes to suicide prevention, none are more important.

Reach Out: You are not alone in helping someone in crisis. There are many resources available to assess, treat, and intervene.



Instinct and compassion: tools you can always count on

Trust your instinct if it tells you something is wrong. Leading with compassion can help create a safe space for someone to talk about their pain, and this is one of the most helpful things you can do.

The more we talk about suicide and suicide prevention, the more we can reduce the stigma around the subject and infuse our community with hope and healing.

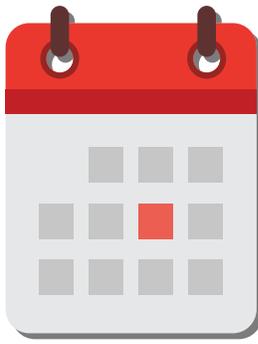
Visit Up2SD.org for a list of warning signs, conversation starters, and local resources.



Prefer Paperless? To view this campaign bulletin online or download as a PDF, visit: Up2SD.org/Bulletins.

SUICIDE IS PREVENTABLE

These signs may mean someone is at risk for suicide. Risk is greater if the behavior is new or has increased and if it seems related to a painful event, loss, or change.



Learn QPR to Prevent Suicide!

QPR, which stands for Question, Persuade and Refer, is an emergency intervention to help a person who is considering suicide. Anyone who is in a position to recognize the signs that someone may be considering suicide is encouraged to sign up for a QPR training. In a one-hour workshop, individuals learn to recognize warning signs, what questions to ask, and how to offer hope and help. The workshop is designed for

parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, caseworkers, firefighters, and many others. QPR trainings are offered at no cost in San Diego. To sign up or to schedule a group workshop, visit SPCSanDiego.org and click on "Trainings", or contact Community Health Improvement Partners (CHIP) at lcayanan@sdchip.org; (858) 609-7971.



Warning Signs

- ▶ Talking about wanting to die
- ▶ Looking for a way to end one's life
- ▶ Talking about feeling hopeless or having no purpose
- ▶ Talking about feeling trapped or in unbearable pain
- ▶ Talking about being a burden to others
- ▶ Increasing the use of alcohol or drugs
- ▶ Acting anxious, agitated, or reckless
- ▶ Sleeping too little or too much
- ▶ Withdrawing or feeling isolated
- ▶ Showing rage or talking about seeking revenge
- ▶ Displaying extreme mood swings

What to Do

If someone you know exhibits warning signs of suicide:

- ▶ Do not leave the person alone
- ▶ Remove any firearms, drugs, alcohol, or sharp objects that could be used in an attempt
- ▶ For life-threatening emergencies or immediate response, call 9-1-1
- ▶ For urgent and other concerns, contact the Access & Crisis Line at (888) 724-7240



NEED TO TALK TO SOMEONE?

Unsure of where to go for help? Chat online or call a counselor today!

- Free confidential support
- Crisis intervention and suicide prevention
- Referrals for mental health and drug and alcohol needs



SAN DIEGO ACCESS & CRISIS LINE

- All languages
- 7 days a week / 24 hours a day

(888) 724-7240

LIVE CHAT

- Chat with a counselor today!
- Available Mon–Fri 4–10 p.m.

Visit: OptumHealthSanDiego.com
or Up2SD.org

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