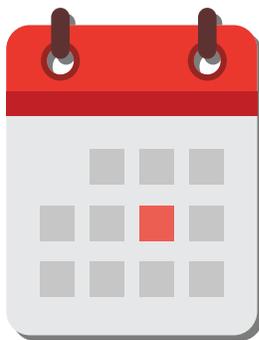


SUICIDE IS PREVENTABLE

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!

SAN DIEGO ACCESS & CRISIS LINE

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

- 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

COMMUNITY RESOURCES DIAL 2-1-1

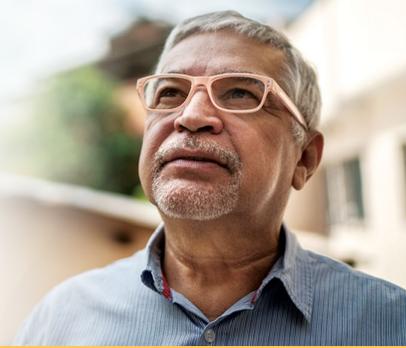




It's Up to Us[®]

to Create a Healthy & Supportive San Diego

A special bulletin covering mental health topics for San Diegans



Edition 31

About the Campaign

Today, like all Americans, San Diegans are faced with reentering society after over a year of heightened isolation, fears, stressors, and levels of fatigue. During COVID-19, extended periods of social distancing and ensuing health and economic disparities caused many of us to face new mental health challenges.

San Diegans found ways to support each other as a community to create a safe and successful reopening. However, even as we move forward many of the mental health challenges we faced during COVID-19 remain.

To support all of our community through these constantly changing and challenging times, the It's Up to Us campaign is working hard to encourage conversations about mental health challenges. It's Up to Us provides 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, It's Up to Us aims to inspire wellness, reduce stigma, and prevent suicide in all San Diegans, with a particular emphasis on San Diego's 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



Readjusting During Challenging Times: Tips to Take a Mindful Pause

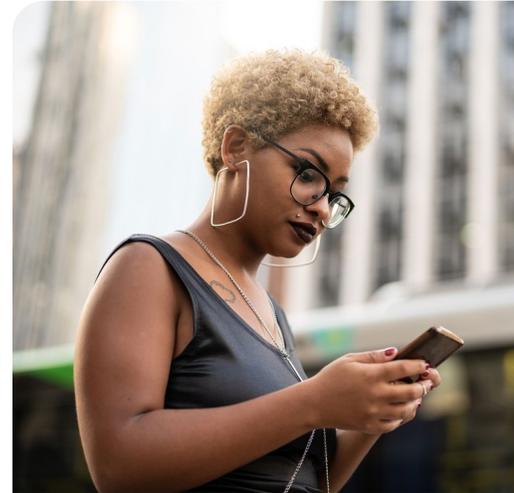
Our habits can become hardwired into our lives. Sometimes it can feel like we are going through the motions without actually being present for the experiences we are living. It's important to keep in mind that the practice of pausing, breathing, and just "being" is essential to our well-being and mental health.

Activities that used to be effortless can now feel uncomfortable to us, but that's okay. Instead of jumping back into your old routines, we recommend taking things slowly. Consider going back to the office 1 or 2 times a week if that's an option, or having small get-togethers with close friends.

Practicing mindfulness has been shown to have a strong, positive impact on mental health and provides protective factors for suicide prevention. Taking time to focus on the present moment and fully feel our feelings has been shown to reduce stress, increase focus and concentration, decrease worry and anxiety, and boost feelings of resiliency and the ability to handle distress.

Incorporating daily mindfulness practices into our routines can have a strong impact on our mental health during challenging times. 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 rose at an alarming rate during the COVID-19 stay-at-home orders. 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, rose during the past year, it's okay to reach out to ask for or offer support. If you are worried, visit Up2SD.org or call 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.

Children, Teens, and Transitioning Back to School

Many youth are experiencing challenges with their mental well-being after the past year. Your child may have feelings including stress, anxiety, tiredness, and may be losing interest in things they used to like.

What Teens May Be Experiencing

Low Energy: Feeling more tired and lethargic than usual

Sleep Changes: Having trouble falling asleep, having trouble staying asleep, sleeping too much, or having trouble getting out of bed way more than before

LGBTQ+ Struggles: Schools reopening in person may lead to extra stressors or even bullying

Stress and Anxiety: They may have negative feelings in situations that they used to enjoy (parties, friends, school)

What You Can Do

It's important to talk with your child. It may feel awkward, but don't let that stop you. Studies show that the best way to help keep your child safe and healthy is through honest, open dialogue that occurs right when you see the signs.

Remind your child that they don't need to tough it out. Try starting a conversation with them or incorporate things like breathing activities into the day.

Get support for your child at this site:

www.up2sd.org/open-san-diego-open-feelings



Get Up and Get Active: Say Hello to the Great Outdoors

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 currently OPEN for activities like walking, jogging, and hiking with your family. Get more information about San Diego's parks and recreation services at: www.sdparks.org.

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

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

Shine a Light On:

Self-Care and How to Flourish in Current Circumstances

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

Try These Self-Care Activities

Social: Humans are social beings and 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
- Call a family member just to chat
- Spend time with people 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 and help you and your family flourish at home.

- Exercise regularly at home or try a new outdoor workout with a friend
- 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 with friends
- 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
- Practice religion or spirituality
- Meditate
- Practice yoga



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

Read Up

If You're Worried Someone May Be Thinking of Suicide, There Are Resources Available

Asking a loved one if they are thinking about suicide is never 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.

A resource called Know the Signs can help you navigate difficult situations: www.suicideispreventable.org. This California suicide prevention campaign can help parents, family, or friends recognize the warning signs of suicide, as well as learn how to have a powerful conversation with someone in crisis. They also can help direct you to additional professional help or resources depending on your specific needs.

If you think you or a loved one needs more immediate help, the San Diego Access & Crisis Line (888) 724-7240 is also available 24/7 and is staffed by trained counselors who are skilled in intervening with those who are having thoughts of suicide, as well as individuals who are concerned about someone else.

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

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

Most suicidal crises last for a brief period of time. Therefore, staying with the person (if it's safe to do so) and connecting them to resources might be the most effective course of action.

What steps can I take to help prevent suicide?

Know the Signs: Pain isn't always obvious, but most people with thoughts of suicide 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. Begin the conversation, then be willing to listen.

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

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.

See why you're the right person to start a conversation: why-you.up2sd.org.