

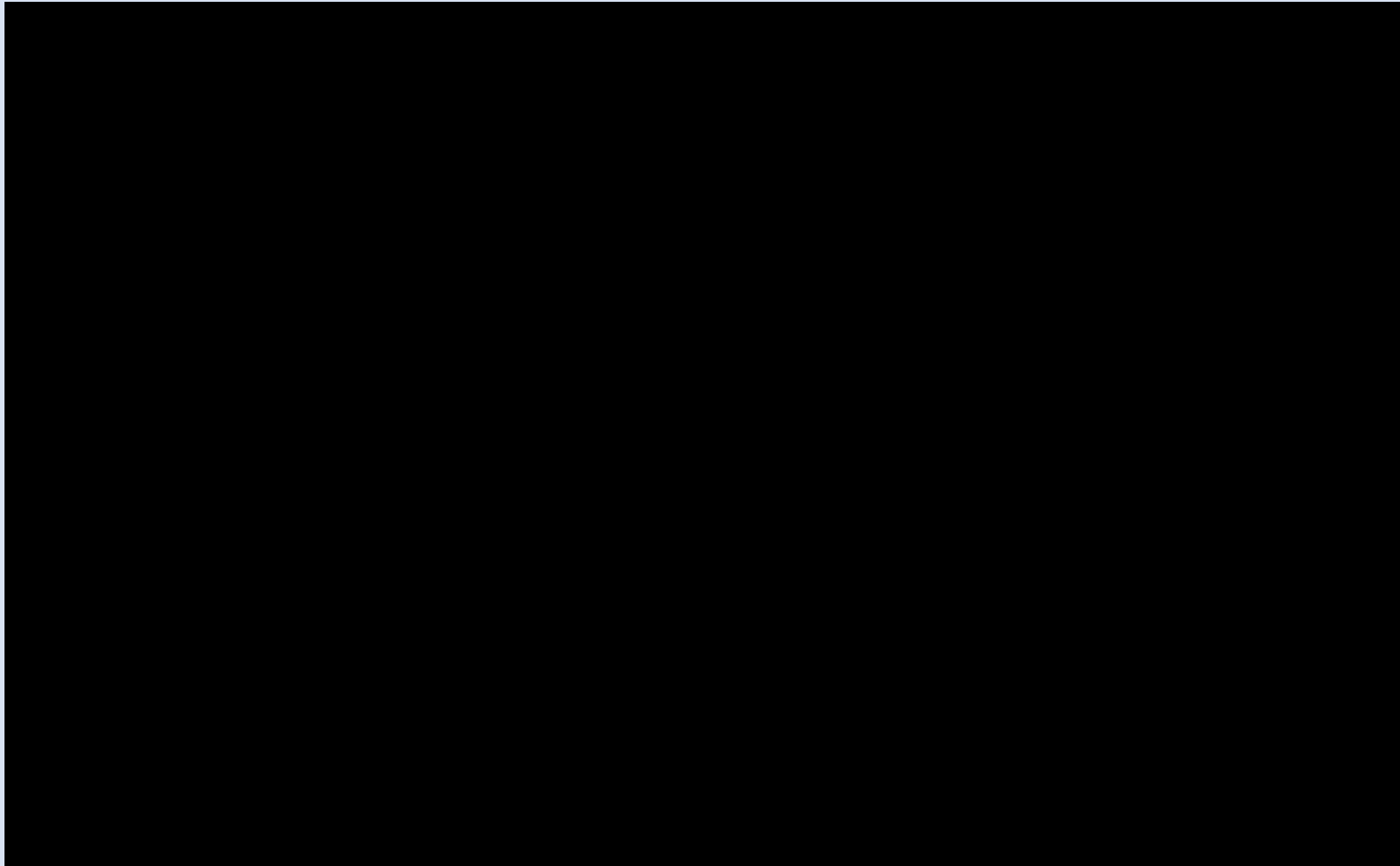


National Suicide Prevention Awareness Month

Presented by
Dr. Ilin Magran, Director of Student Wellness Services



The Importance of Suicide Prevention





Warning signs to look for in youth:

- Change in interaction with family and friends
- Recent disappointment or rejection
- Loss of a loved one
- Sudden disengagement and drop in school attendance
- Sudden decline in academic performance
- Physical symptoms: eating disturbances, changes in sleep patterns, chronic headaches and stomach problems
- Family problems/alienation
- Victim of assault or bullying
- Substance/alcohol abuse

THE WORLD
IS A
better place
WITH
YOU IN IT

1 in 5 people

will experience

suicidal thoughts

in their lifetime

time to change

let's end mental health discrimination

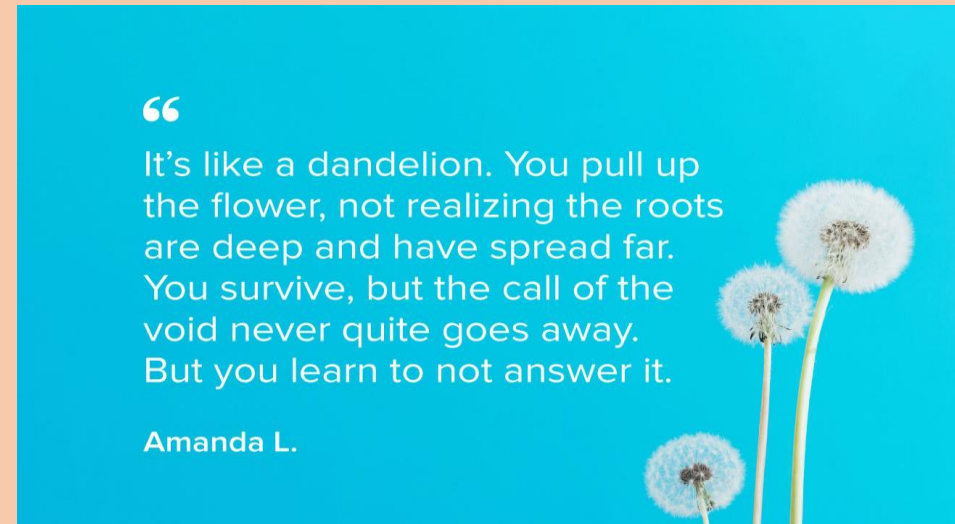
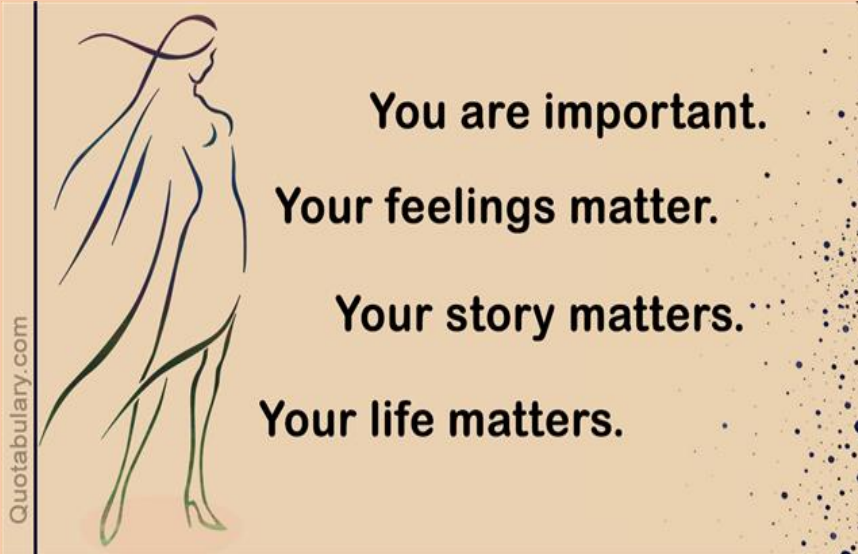


You have the power to
say, "This is not how
my story will end."



Suicide Prevention Quotes
www.geckoandfly.com





National Suicide Prevention Lifeline.

- (800)273-8255

Crisis Text Line

- United States: text 741741

Trevor Lifeline

- 1-866-488-7386
- Trevor Text: text START to 678-678.

Trans Lifeline

- 877-565-8860

Suicide Prevention Resource Center

- 1-800-273-8255

#BeThereTo

SAMHSA Treatment Referral Hotline

- 1-800-662-4357

RAINN National Sexual Assault Hotline

- 1-800-656-4673

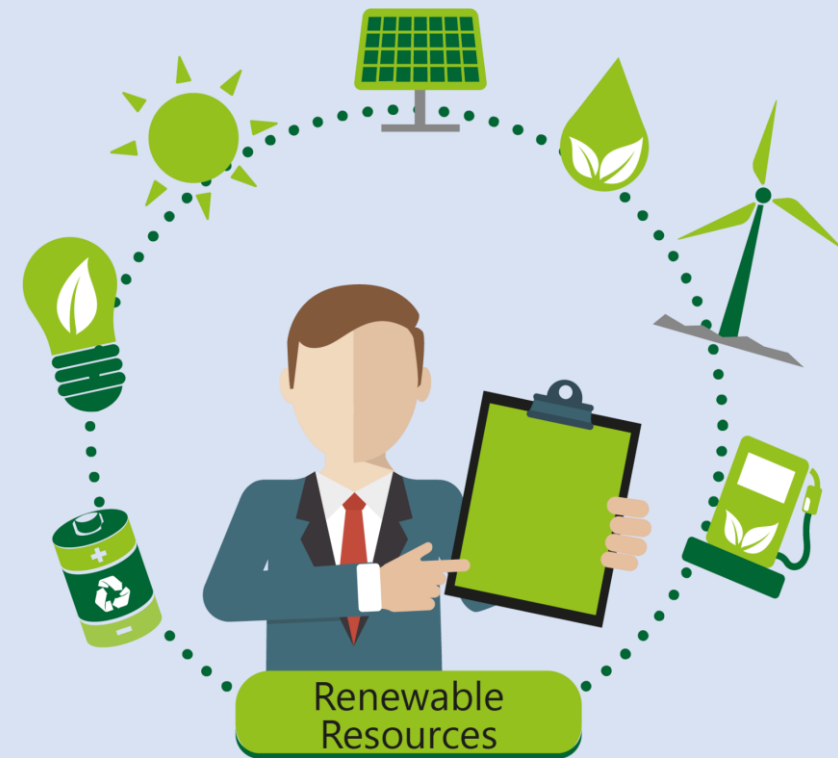
National Teen Dating Abuse Helpline

- Text LOVEIS to 1-866-331-9474

Suicide Awareness Voices of Education (SAVE)

- 1-800-273-8255

Resources





Please contact
Student Wellness Services Department
If you need additional support
(818) 241-3111 Ext.1559