



CONNECT WITH EASE

Employee Assistance Services for Education

Message from EASE

September is Suicide Prevention Awareness Month. EASE is spreading awareness along with efforts across California and nationally with National Suicide Prevention Awareness Week from September 6th-12th, and World Suicide Prevention Day on September 10th. During this time, thousands are joining and organizing together to focus on preventing suicide and on the power of protective factors.

Suicide is preventable. People are uncomfortable talking about suicide and this is part of the problem. The more we talk about suicide prevention, the more we can reduce the stigma around the subject and infuse our communities with hope and healing. We each can play an important part in saving lives. Becoming familiar with warning signs, knowing the resources, being willing to listen, and being ready to take action to support someone we love is a great place to start.

This month, I ask you to join us in spreading awareness on Suicide Prevention. This newsletter reaches over 50,000 people per month! It takes communities joining together to make a difference. Together we can prevent suicide and get help for those that need it.

EASE provides support for participating district employees and their immediate family members. If you, or someone in your family is in need of additional support, call to talk to an EASE counselor today!

"Every day in California friends, family, and co-workers struggle with emotional pain.

And, for some, it's too difficult to talk about the pain, thoughts of suicide and the need for help.

Though the warning signs can be subtle, they are there.

By recognizing these signs, knowing how to start a conversation and where to turn for help, you have the power to make a difference -

the power to save a life."

suicideispreventable.org



EASE CAN HELP DURING DIFFICULT TIMES

CONNECT WITH EASE:

1-800-882-1341



Know the Signs

If you observe one or more of these warning signs, especially if the behavior is new, has increased, or is related to a painful event, loss, or change, step in or speak up.

- Talking about wanting to die or suicide.
- Feeling hopeless, desperate, trapped.
- Uncontrolled anger.
- Increased alcohol or drug use.
- No sense of purpose.
- Talking about being a burden to others.
- Giving away possessions.

Find the Words

Asking a friend or loved one "Are you thinking about ending your life?" can be difficult to say. Here are a few suggestions on how to begin the conversation:

- Start the conversation.
- Listen, express concern, reassure.
- Create a safety plan.
- Get help.

Reach Out

There are many resources available to assess, treat, and intervene. Resources are available to you as well as to the person experiencing the emotional crisis.

National Suicide Prevention Lifeline:

Call 1.800.273.8255

Chat <https://suicidepreventionlifeline.org/chat/>

Crisis Text Line:

Text "Blue" (for law enforcement officers) to 741-741 to connect 24/7 with a trained crisis counselor

Text "Help":

Anyone can text "HELP" to 741-741 to be connected to crisis services

"Know the Signs. Find the Words. Reach Out."

SUICIDEISPREVENTABLE.ORG

If you are experiencing suicidal thoughts and feelings:

Talk with someone every day.

Although you may feel like withdrawing, ask trusted friends and family to spend time with you. Call a crisis helpline and talk to a counselor about your feelings.

Make a safety plan.

Develop a set of steps that you can follow during a suicidal crisis. It should include contact numbers for your doctor or therapist, as well as friends and family.

Make time for things that bring you joy.

Engage in activities that bring you pleasure (e.g. exercise, drawing, writing).

Remember your personal goals.

Write your personal goals down (e.g. traveling, learning a new hobby, owning a pet).

Things to avoid:

Being alone.

Solitude can make suicidal thoughts worse.

Alcohol and drugs.

Drugs and alcohol can increase depression and hamper your problem-solving ability.

Thinking about suicide and negative thoughts.

Don't rethink negative thoughts. Find a distraction.

helpguide.org

TALK TO US

EASE has counselors if you want to talk.

(800) 882-1341

Steps to Self-Care

Restoring balance in our life requires dedication and practice. Incorporating a dose of self-care into our daily habits can have a strong impact on our mental health. **Everyday** take a moment (or more) to take care of yourself.

Exercise



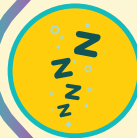
Exercising **3** days a week decreases stress, increases energy levels and improves happiness

People who eat meals high in vegetables, fruits, whole grains, fish and nuts are **30%** less likely to develop depression



Eat Healthy

Sleep



40% of adults sleep less than the recommended 7 to 9 hours a night. Sleep plays a major role in our overall health – improving emotional regulation and management of anxiety

64% of people feel refreshed and excited to get back to work after a vacation



Time Off

Get Outside



On average, Americans spend **93%** of their time indoors – get outside – nature and sunlight improves our mood, restores the spirit, and improves focus and clarity

Laughter increases the release of “feel-good” endorphins and can lower blood pressure



Laugh

Practice Mindfulness



The practice of pausing, breathing, and just “being” is essential to our well-being and mental health, helping us reduce stress, worry less and enhance feelings of resiliency

Close social relationships improve our self-confidence, and help us cope with ups and downs in life



Talk with a Friend

For mental health resources visit
EachMindMatters.org

National Suicide Prevention Lifeline:
1.800.273.8255



Funded by counties through the Mental Health Services Act (Prop 63).