

There is hope,
and there is help

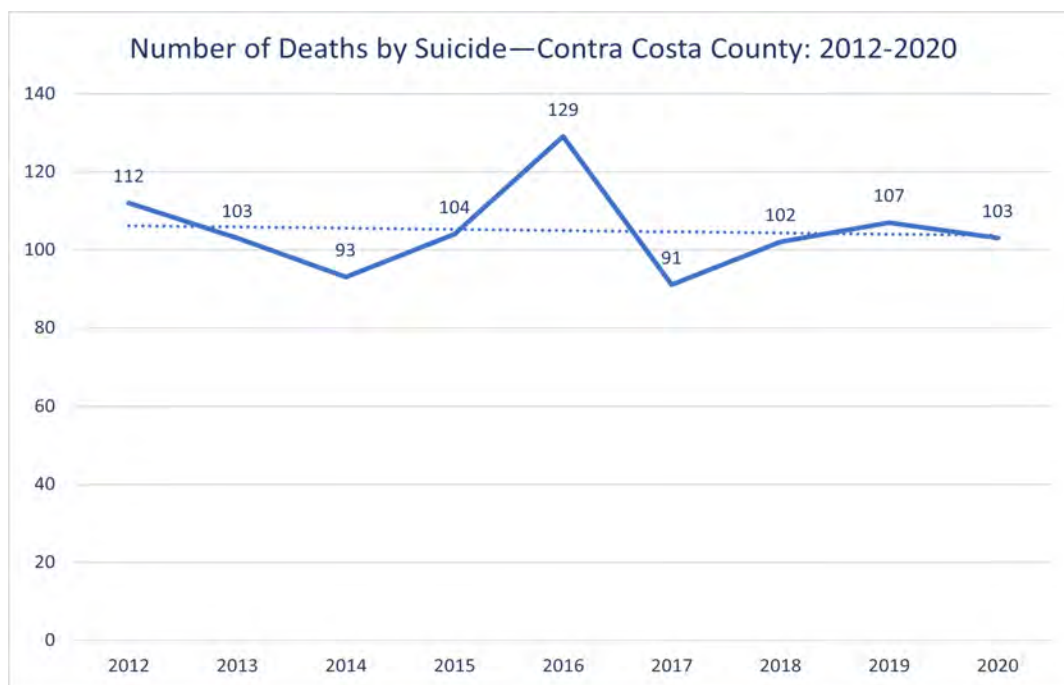
Suicide Prevention Report September 2021



Every day in Contra Costa County, there are friends, family, and co-workers who struggle with emotional pain. And, for some, it's too difficult to talk about the pain, thoughts of suicide, and the need for help. We can all play a role in suicide prevention by learning the warning signs, finding the words to start a conversation and reaching out to local resources. You are not alone. Staff at the Contra Costa Crisis Line are available 24/7 to support you or a loved one.



The state of Suicide in Contra Costa County



Source: Contra Costa County Coroner's Office. Note: Suicide Death data is preliminary and subject to change pending any outstanding investigations by the Coroner's division.

Groups disproportionately affected by suicide risk:

- Males
- American Indian/Alaska Natives and Whites
- Older adults
- Veterans
- Those living in rural areas
- LGBTQ youths and adults

Youth Mental Health:

- From 2012-2018, deaths for those ages 40-59 declined, while those ages 0-39 increased
- 20% of students think about suicide
- 30% of students express chronic depression

The state of Suicide in Contra Costa County



You are not alone.

Everyday, residents of Contra Costa County are reaching out to local resources for support.

	2017	2018	2019	2020
Crisis Calls*	20,092	21,265	24,903	21,667
Psych Emergency Services Visits for Suicide Ideation or Attempts	3,789	3,868	3,973	2,673
Inpatient Admissions after Suicide Ideation or Attempt**	439	359	326	316

* Crisis Line data is based on Fiscal Years 17/18, 18/19, 19/20, 20/21.

** Inpatient Admissions reflects admissions at county-affiliated facilities only.

Contra Costa Crisis Center (24/7)

1-800-833-2900 or dial 211

[211 online resources](#)

Text HOPE to 20121

National Suicide Prevention Lifeline (24/7)

1-800-273-8255 (1-800-273-TALK)

Text TALK to 741741

La Red Nacional de Prevención del Suicidio (24/7)

1-888-628-9454 (in Spanish)

Behavioral Health Access Line (24/7)

1-888-678-7277

9-1-1 for life threatening emergencies

KNOW THE SIGNS

*Learn to recognize
the warning signs*

Pain isn't always obvious, but most suicidal people show some signs that they are thinking about suicide. The signs may appear in conversations, through their actions, or in social media posts. If you observe one or more of these warning signs, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change, step in or speak up.

- Talking about wanting to die or suicide
- Looking for a way to kill themselves
- Feeling hopeless, desperate, trapped
- Giving away possessions
- Putting affairs in order
- Reckless behavior
- Uncontrolled anger
- Increased drug or alcohol use
- Withdrawal from others
- Anxiety or agitation
- Changes in sleep
- Sudden mood changes
- No sense of purpose

For additional information visit:
SuicideisPreventable.org

Mental Health Matters! Remember to practice self care and breathe. And take the time to check in with your Mental Health today by completing this free and anonymous screening online: [CLICK HERE](#)



FIND THE WORDS

*Learn to listen and find the
appropriate words to get a
conversation started*

- Give yourself plenty of time
- Mention the warning signs you have seen
- Ask directly about suicide
- Listen and let the person speak freely
- Let them know you care and want to help
- Have resources handy

"Are you thinking about suicide?" Few phrases are as difficult to say to a loved one. But when it comes to suicide prevention, none are more important.

Asking about suicidal thoughts does not put the idea in someone's head and usually they are relieved.

Asking directly and using the word "suicide" establishes that you and the person at risk are talking about the same thing and lets the person know that you are willing to talk.



Consider reaching out to someone who has lost a friend or loved one to suicide. Ask them about how the person they lost lived rather than focusing on the way they died. The more we talk about suicide and suicide prevention, the more we can reduce the stigma around the subject and infuse our communities with hope and healing.

FIND THE WORDS

*Learn to listen and find the
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conversation started*

When it comes to suicide prevention, the terms, phrases and words we use can have a significant impact on the way messages are received. Messages can encourage someone to seek help and reach out, or they can push people further from the support they need.

WORDS MATTER

Avoid

Committed
or
Completed Suicide

Successful
or
Unsuccessful

Use

Died by Suicide
or
Lost Their Life to Suicide

Attempted Suicide

The word “commit” implies a negative act such as a crime or sin. The words “completed,” “successful,” or “unsuccessful” imply there is an achievement to be had or missed with suicidal behavior.

Using neutral phrasing like “He died by suicide” OR, “She attempted suicide,” helps strip away the shame and stigma.

Avoid shaming statements like, “You’re not thinking about suicide, are you?” OR, “You’re not thinking about doing something stupid, are you?”

Instead, say, “I’m really worried about you, are you thinking about suicide?”

REACH OUT

*Find professional help
and resources available
in your community*

If you think someone is suicidal, take it seriously. Don't leave them alone. Encourage them to reach out for help, and if you can, call with them.

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1-800-833-2900 or dial 211

[211 online resources](#)

Text HOPE to 20121

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Any willingness to accept help at some time, even if in the future, is a good outcome.

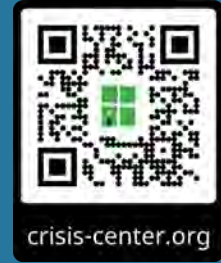
You are not alone in helping someone in crisis. Crisis lines, counselors, intervention programs and more are available to you as well as to the person experiencing the emotional crisis. Crisis counselors can quickly assess the level of risk in a situation and connect you to appropriate services. You can find reassurance in the knowledge that most suicidal crises last for a brief period of time. Stay with the person until help is provided and help them identify other people they trust.

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Resources:



Contra Costa Crisis Center (Available 24/7)

- ❑ 1-800-833-2900 or dial 211
- ❑ [211 online resources](#)
- ❑ Text HOPE to 20121

National Suicide Prevention Lifeline
(Available 24/7)

- ❑ 1-800-273-8255 (1-800-273-TALK) or
[Chat online](#)
- ❑ Text TALK to 741741
- ❑ 1-888-628-9454 (La Red Nacional de
Prevención del Suicidio)

Crisis Support Services of Alameda County

- ❑ 1-800-309-2131

San Francisco Suicide Prevention

- ❑ 1-415-781-0500
- ❑ Institute on Aging, Friendship Line:
1-800-971-0016

[American Foundation for Suicide
Prevention](#)

[California's Strategic Plan for Suicide
Prevention 2020-2025](#)

[Contra Costa County Mental Health
Commission](#)

CCHS Mental Health Mobile Crisis Response
Team:

- ❑ 1-833-443-2672

Relationship Violence, Domestic Violence,
Intimate Partner Violence:

- ❑ STAND! for Families Free of Violence:
1-888-215-5555
- ❑ National Domestic Violence Hotline:
1-800-799-7233

Sexual Assault, Rape, Human Trafficking

- ❑ Community Violence Solutions:
1-800-670-7273
- ❑ National Hotline (RAINN): 1-800-656-4673

[Know the Signs campaign](#)

[Be the 1 To](#)

[Mental Health Is Health](#)

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Resources:

Resources for Youth and Transitional Age Youth (TAY: aged 16-25):

Seneca Mobile Crisis Response Team:

☐ Serving 5yo-21yo: 1-833-443-2672

The Trevor Project for LGBTQQ+ youth & young adults

☐ 1-866-488-7386 (1-866-4-U-TREVOR)

Trans Lifeline:

☐ 7am-2am: 1-877-565-8860

[Teen Line](#)

☐ 800-852-8336 (6pm – 10pm PST)

☐ TEXT TEEN to 839863

[NAMI \(National Alliance on Mental Health\) Contra Costa](#)

☐ [Ending the Silence](#) – Transitional Age Youth Program

☐ [NAMI on campus](#)

[BeingwellCA](#)

[Sandy Hook Promise](#)

[Z-Cares](#)

[Active Minds](#)

[Seize the Awkward](#)

[JED Foundation](#)

[Bring Change to Mind](#)

[Directing Change Youth Suicide Prevention Program](#)

Get Involved!



Everyone Can Play a Role in Suicide Prevention!

- ❑ Contra Costa Mental Health (CCMH) has established the [Consolidated Planning Advisory Workgroup \(CPAW\)](#) in order to ensure local stakeholders are an integral part of all planning and evaluation of The Mental Health Services Act (MHSA) funded services and supports. CPAW's aid and advice helps MHSA funded programs provide integrated, community-based, culturally competent services that are guided and driven by those with lived-experience, and promote wellness, recovery, and resiliency in those traditionally underserved. Please email MHSA@cchealth.org for more information.
- ❑ The [Contra Costa Suicide Prevention Coalition](#) is a multi-disciplinary, multi-agency collaborative with the goal to raise community awareness about suicide and its causes, to decrease stigma around suicide and mental health, and support the development of resources that will help reduce suicide rates in Contra Costa County. They meet the fourth Friday of every month. Please email jhunt@cchealth.org for more information.
- ❑ [The Contra Costa Crisis Center's Crisis Line volunteers](#) provide active listening, emotional support and community resources to people who are in crisis, depressed, suicidal, grieving, homeless, mentally ill, or looking for resources.
- ❑ [The Contra Costa County Office of Education \(CCCOE\)](#) assists the 18 school districts and county-approved charters in the development and implementation of comprehensive policies for suicide prevention, intervention and postvention. The county has a training team for Youth Mental Health First Aid, facilitates the distribution of LivingWorks online training at no cost to districts, and is an active participant on the countywide Suicide Prevention Coalition. CCCOE supports districts through its Social Emotional Learning Department, site-based MTSS training and trauma-informed practices training to support a positive school climate for all learners.