

# SUICIDE PREVENTION MONTH



This month the counseling program at CVHS will be focusing on mental health in students, especially in the area of suicide prevention. According to recent CDC study's, people ages 10-24 account for 14% of all suicides.

In this newsletter we are going to highlight ways that staff, school counselors, and guardians can help youth with their mental health and how to play a role in suicide prevention.



## Important numbers to know

988

suicide & crisis lifeline

1-888-273-TALK (8255)

National Suicide Hotline

**Do you know that school counselors are here to help as well?**

**Know who your counselor is, school counselors go by last name:**

Mrs. Reese: A-Ca

Ms. Henry: Ce-F

Mr. Barba: G-Ji

Mrs. Garcia: Jo-Mc

Mrs. Farley: Me-Pl

Mrs. Rodriguez: Po-Sp

Mr. Montero: Sq-Z



Click on the link to hear about other students stories regarding their mental health.

Teachers share some videos with your students.



Click to access videos about mental health & self-regulation

Redlands Coordinated Supports & Services



Respect • Collaborate • Support • Serve

Check out district mental health resources



Click here to access CVHS Suicide Prevention Brochure