



# SAP Counseling Corner

Special Edition: Suicide Prevention Week:  
September 8- 11

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## September is National Suicide Prevention Awareness Month

During this time we bring awareness to mental health and those affected by suicide. This gives opportunities to share resources and have open discussions of how we can support ourselves and one another. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention.

## WHAT'S INSIDE

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September 8- "Resiliency  
Through Academics"

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September 9- "Being Resilient  
with Friends"

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September 10- "Being Resilient  
with Family"

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September 11 - "Resiliency and  
YOU"

## Mental Health Facts:

- 9.4% of children aged 2-17 years (approximately 6.1 million) have received an ADHD diagnosis
- 7.4% of children aged 3-17 years (approximately 4.5 million) have a diagnosed behavior problem.
- 7.1% of children aged 3-17 years (approximately 4.4 million) have diagnosed anxiety.
- 3.2% of children aged 3-17 years (approximately 1.9 million) have diagnosed depression.

[Center for Disease Control and Prevention](https://www.cdc.gov/ncbddd/mental/index.html)



# Suicide Awareness Prevention Week

This year's theme for suicide prevention awareness month is: Hope, Resiliency and Recovery.

During this time we want to instill hope to those who may need it, build resiliency and help get on the road to recovery. Resiliency is the process of adapting well in stressful experiences or situations such as family and relationship problems, serious health problems, and other stressors. Resiliency is the ability to "bounce back" from these difficult experiences. (<https://www.opa.org/topics/resilience>).

In acknowledgement of Suicide Prevention Week we will be providing various activities throughout the week to promote resiliency and self-care within ourselves and our peers! This week gives you the opportunity to learn different ways how you can be resilient by bouncing back from difficult situations with your friends, family, community, and through school!



## Daily Activities

### **September 8- Resiliency in Academics**

Establish a routine that works for you. Brainstorm what will be a healthy school environment. [Student Self Care Tips for Virtual Learning](#)

### **September 9- Being Resilient with Friends**

Reach out to a friend you have not talked to in a while. Ask how they are doing?

### **September 10- Being Resilient with Family**

Explore ways to spend time with your family. [Fun Family Activities to do at Home](#)

### **September 11- Resiliency and YOU.**

How are you practicing self care. Use this fun self care tracker to see how you are doing. [Self Care Assessment](#)

## Hotlines & Crisis Resources

Riverside County HELpline-open 24 hours: 951.686.HELP (4402)

National Suicide Prevention Lifeline: 800.273.TALK (8255)

Crisis Text Line: Text 'Home' to 74174

Childhelp Child Abuse Hotline: 800.4ACHILD