

NBSIA Member Services Safety Bulletin

May 2024

SUICIDE PREVENTION

Suicidal thoughts can affect anyone regardless of age, gender or background. Suicide is often the result of an untreated mental health condition. Suicidal thoughts should not be considered normal, and they often indicate more serious issues.

Know The Warning Signs

Distinguishing “normal” behaviors from possible signs of a mental illness isn’t always easy. There’s no simple test to label one’s actions and thoughts as mental illness, typical behavior or the result of a physical ailment. Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

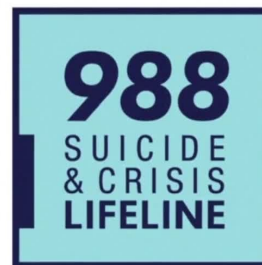
- Excessive worrying or fear
- Feeling excessively sad or low
- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Inability to perceive changes in one’s own feelings, behavior or personality (“lack of insight” or anosognosia)
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing “aches and pains”)
- Thinking about suicide

Crisis Response Tools

If you or someone you know is in crisis, call 988 immediately.

The 988 Suicide & Crisis Lifeline provides free and

confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices.



Talk with us.



There is hope



Local County Mental Health Crisis Intervention Numbers

Butte (530) 891-2810

Napa (707) 253-4711

Solano (707) 428-1131

Yolo (888) 965-6647

County Office of Education Resources

[Butte County Office of Education](#)

[Napa County Office of Education](#)

[Solano County Office of Education](#)

[Yolo County](#)

Sources:

www.Namica.org

www.cde.ca.gov



Contact Us

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www.nbsia.org

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