



Connie Beck, Director
Social Services | Public Health | Behavioral Health

news release

Sept. 6, 2023

September is Suicide Prevention Awareness Month

September is Suicide Prevention Awareness Month in Humboldt County, and the Humboldt County Department of Health & Human Services (DHHS) is partnering with community groups to bring attention to suicide prevention efforts through events and trainings.

This year across California, Take Action for Mental Health: California's Mental Health Movement, is encouraging a special focus to "Share Hope Together."

The theme reflects the importance, value and power of the act of sharing hope, stories, time, resources and experiences which can serve as a powerful tool in suicide prevention. By sharing hope with one another and throughout our communities, we can support and help connect individuals to resources—allowing us to take action for suicide prevention together, according to the statewide suicide prevention campaign, Know the Signs.

In an effort to create opportunities to share hope, the Humboldt County Suicide Prevention Network and community partners across the county are offering virtual events and resources during the month of September and throughout the year.

On Sunday, Sept. 10, in honor of World Suicide Prevention Day, the American Foundation for Suicide Prevention will host its Out of the Darkness Community Walk at the Arcata Plaza. Register at afsp.org/Arcata. Check in starts at 9 a.m. and the walk starts at 10.

On Friday, Sept. 15, Holding Space: for Suicide Prevention & Awareness, will take in the Garberville Town Square from 5 to 7 p.m. This community event will include live music, food, art and community referrals to resources.

This fall, there will be two opportunities to learn the basics of suicide prevention. On Tuesday, Sept. 21, DHHS-Public Health will deliver a virtual Question, Persuade, and Refer (QPR) Suicide Prevention training from 10 to

11 a.m. A second session will be available on Tuesday, Oct. 24, from 10 to 11 a.m. Visit bit.ly/QPR-Humboldt to register for either.

Wondering what else you can do?

- Talk to your employer about bringing a suicide prevention training to your workplace to teach suicide warning signs, like how to ask, "Are you thinking about suicide?" when someone is struggling. Learn more by visiting DHHS Public Health's Training and Education page: humboldt.gov/2074/Trainings-and-Education
- Join the Humboldt County Suicide Prevention Network (SPN) or sign-up for the [Suicide Prevention Network email list](#) to broaden your network. The SPN meets bi-monthly via Zoom and all are welcome. Email humboldtspn@gmail.com for more information.

If you are concerned for yourself or someone else, know you are not alone, we can all play a role in preventing suicide, and help is available. Contact any of the following 24-hour hotlines:

- [Suicide Prevention Lifeline](#): 988, press 1 for Veterans. [Ayuda en Español](#): 988.
- [Crisis Text Line](#): Text HOME to 741741
- Call the 24-hr Behavioral Health Crisis Line at 707-445-7715 or toll-free 888-849-5728.

Additional support can be found by exploring an expanded list of resources, click on the link [here for Suicide and Violence Prevention Resources for Service Providers in English](#) and [here for resources in Spanish](#).

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Twitter: twitter.com/HumCoDHHS and
Facebook: facebook.com/HumCoDHHS



Humboldt Suicide Prevention Network (SPN)

Contact: humboldtspn@gmail.com

Vision: Promoting wellness in our community by working collaboratively to eliminate suicide.

Statement of purpose: We strive to build relationships with each other and across agencies to further solidify the SPN and to increase access to and understanding of evidence-based suicide prevention and intervention strategies utilizing a data from the Humboldt County Community Health Improvement Plan and Humboldt Community Health Assessment.



SPN Steering Committee

Statement of Purpose: Guide the function of the Suicide Prevention Network (SPN)

Mission: provide cross-agency backbone to the SPN and to move forward the priorities of the Network. Committee goals include to:

1. Guide the function of the Suicide Prevention Network
2. Elevate the recommendations generated by the Humboldt Suicide Fatality Review Process to the appropriate sector (stakeholder) via the Suicide Prevention Network (to advocate for systematic change in suicide care)
3. Establish task forces to address the four (4) priority areas identified in the BH/Suicide section of the Humboldt Community Health Improvement Plan (CHIP)



SPN Subcommittees

1. Training & Education

Purpose: To ensure suicide prevention trainings are accessible to the community.

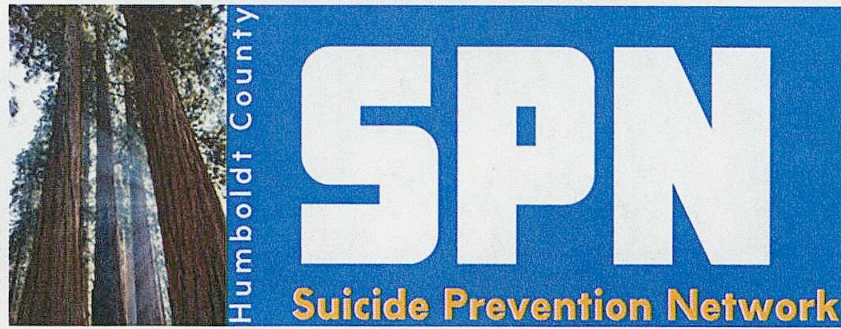
2. Lethal Means Safety

Purpose: To prevent suicide in Humboldt County by providing residents with education and tools to increase lethal means safety.

3. Youth Suicide Prevention

Purpose: Meet the unique needs of Humboldt County youth (12-25) to prevent suicide.

Contact: humboldtspn@gmail.com

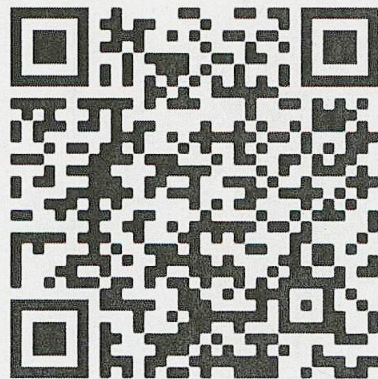


Join Our Email List!

Stay up to date on:

- Network meetings: 2nd Thursday, every other month from 3:30-5pm.
- Resources and information about suicide prevention.
- Trainings and prevention-focused activities.

Scan to sign up!



Contact: humboldtspn@gmail.com

Accepting Donations!



The Suicide Prevention Network is putting together **Survivors of Suicide Loss Support Bags**. These bags aim to provide comfort to those experiencing grief after the suicide of a loved one. We'd love your help in making this possible for our Humboldt families!

Donation Ideas:

- Tea
- Candles
- Mugs
- Journals
- Tissues
- Chocolate
- Handmade items (art, knitted items, letters of support)



If you or your organization would like to donate any items/resources/support, please contact humboldtspn@gmail.com

QPR: Question, Persuade, Refer Suicide Prevention Training

QPR stands for Question, Persuade, Refer – the three simple steps anyone can learn to help save a life from suicide.

This training will teach you to:

- Identify warning signs that someone may be thinking about suicide
- Confidently ask if someone is thinking about suicide
- Connect them to appropriate support.

FREE VIRTUAL TRAINING



Thursday, Sept. 21
10-11 a.m.

LINK: bit.ly/QPR-Humboldt

CONTACT US:

Email: PublicHealthSVP@co.humboldt.ca.us

Webpage: humboldt.gov.org/SVPP



WELLNESS · RECOVERY · RESILIENCE



Suicide and Violence Prevention Resources for Service Providers

National Hotlines (Confidential, anonymous, 24/7):



- **Suicide Prevention Lifeline:** Call or Text 988
 - **Ayuda en Español:** Call or Text 988, then press 2
 - **Veteran's Crisis Line:** Call or Text 988, then press 1
 - **Deaf/Hard of Hearing Lifeline:** For TTY Users: Use your preferred relay service or dial 711 then 988
- **Crisis Text Line:** Text HOME to 741741
- **California Youth Crisis Line:** Crisis support for youth. Call 1-800-843-5200
- **Elderly Friendship Line:** For ages 60+. Call 1-800-971-0016.
- **The Trevor Project:** For LGBTQ youth. Call 1-866-488-7386.
- **National Sexual Assault Hotline:** 1-800-656-HOPE (4673)
- **The National Human Trafficking Hotline:** 1-888-373-7888 or text 233733.
- **Asian LifeNet Hotline:** 1-877-990-8585

Local Hotlines (Local support available 24 hours, 7 days a week):

- **Humboldt County Behavioral Health: Same-Day Services 707-445-7715.** Assessments and referrals for ongoing treatment also available for moderate to severe mental health concerns.
- **North Coast Rape Crisis Team:** 707-445-2881. Free and confidential services for survivors of all ages and genders, regardless of when assault happened. Counseling, advocacy and more.
- **Humboldt Domestic Violence Services:** 1-707-443-6042
- **Child Welfare Services, Emergency Response, Abuse Reports:** 707-445-6180
- **Adult Protective Services, Elder Abuse Reports:** 707-476-2100/1-866-527-8614

More local support and services for mental health and suicide prevention:

- **Humboldt County Behavioral Health: Now offers mental health support line** during business hours to help anyone feeling isolated, anxious, worried or depressed due to the current health crisis. Available M-F from 8 a.m. to 5 p.m. call 707-268-2999; *24 hour crisis line listed above
- **North American Mental Health Services:** Free tele-mental health services for Partnership Medi-Cal members. No diagnosis needed for talk therapy. Tele psychiatry, bilingual and youth-serving professionals available. Faith-based counseling upon request only. 530-646-7269 ext. 1305.
- **Kunle Community:** Non-crisis talk line for adults in Humboldt County, CA who are sad, depressed, anxious, worried, or just need someone to listen. Fri & Sat 6pm-midnight, Sun 6pm-10pm. 707-599-238.
- **Beacon Mental Health Services:** Free to Partnership Medi-Cal members, always. Up to 6 sessions per month. Call 855-765-9703 to determine eligibility, complete assessment and find a clinician.
- **Humboldt Family Service Center:** Mental health services on a sliding scale. Medi-Cal accepted. Virtual appointments available. 1802 California St., Eureka. 707-443-7358.
- **Open Door Community Health Center:** Primary care and behavioral (mental) health services. 707-826-8610.
- **Open Door Teen Clinics:** offer free, confidential appointments during special walk-in hours. 707-826-8610.
- **Humboldt County DHHS:** Questions about your healthcare coverage with Medi-Cal or Covered California? Lots of services out there, especially for people under age 18. 1-877-410-8809.
- **The Hope Center:** Peer empowerment center for adults living with and overcoming mental health challenges. Classes, recreational activities, and Peer Support. Open Mon,Wed,Thurs,Fri 10:00-2pm. Closed on Tuesday. 2933 H St, Eureka. Zoom and in-person classes available, call 707-441-3783 to get connected.

Suicide and Violence Prevention Resources for Service Providers

- **Transition Age Youth Programs**: Services, activities and social support for youth age 16-26. Drop-in hours Mon, Wed, Fri. 1-4 p.m. at 433 M St., Eureka. Call 707-476-4944.
- **Hospice of Humboldt**: Free grief support services, groups and classes for adults and teens. 3327 Timber Fall Ct, Eureka. Call 707-445-8443.
- **National Alliance for Mental Illness (NAMI), Humboldt**: For friends and family members supporting those with serious mental illness. Learn how to navigate services and meet others going through the same things. Free support groups weekly. Call 707-444-1600 (message line).
- **Making Headway Center** for brain injury recovery. Counseling, batterer-intervention programs and more. Call 707-442-7668.
- **First5 Playgroups**: For kids ages 0-5 and their parents/caregivers. Great way to connect with community. Locations throughout Humboldt County. Call 707-445-7389.
- **St. Joseph Health Community Resource Centers**: Referrals, health information and support with applications, employment, clothing, food and more. Call the center near you for more information.
- **District Attorney Victim Witness**: Help for victims or witnesses to crimes. 707-445-7417
- **Eureka VA Outpatient Clinic**: Veterans can call or walk in for mental health triage, referrals and more. 930 W. Harris, Eureka 707-269-7500.
- **California Warm Line**: 24/7 non-crisis line that offers emotional support and resource referrals for those experiencing depression, anxiety and other symptoms but aren't considering taking their own lives. 1-855-845-7415.

American Indian Alaska Native Resources:

- **United Indian Health Services**: Medical and behavioral (mental) health care for those of Native descent. Call 707-825-5000 to learn more.
- **Two Feathers Native American Family Services**: Local support for Native families and mental health programs for Native youth throughout Humboldt County. 707-839-1933; Business hours crisis line available M-F from 8 a.m. to 5 p.m.
- **We R Native.org**: For Native Youth, by Native Youth. Resources on culture, life and relations, mental health, suicide prevention and help seeking.
- **Mending the Sacred Hoop**: Native information on strengthening tribal communities to end domestic violence.

Learn more online about mental health challenges and suicide prevention:

- **American Foundation for Suicide Prevention**: National resources, information for preventing suicide, dealing with suicide loss, and so much more!
- **Now Matters Now**: For suicide prevention and mental health. Practical strategies and instructional videos from people who have been there.
- **Man Therapy**: Take a quick, anonymous "head inspection survey". That funny feeling in your stomach might not be burrito-related.
- **The Trevor Project**: Saving young LGBTQ lives. Text and Chat lines for young people.
- **Trans Lifeline**: 1-877-565-8860 Peer-run by and for trans people, their friends and family.
- **Know the Signs**: Learn how to prevent suicide. Know the Signs. Find the Words. Reach Out.
- **Seize the Awkward**: Learn how to reach out. Funny videos with deep meaning and big heart.
- **Each Mind Matters**: Learn more about California's mental health movement.
- **TherapistAid.com**: Therapy worksheets, videos and tools. Free, for everyone.
- **Post-Partum International**: Resources for new moms, including online support meetings and a help line. English and Spanish. Call 1-800-944-4773 or text 502-894-9453.
- **Friends for Survival**: Suicide Bereavement outreach. Suicide Loss Helpline 1-800-646-7322.

Suicide and Violence Prevention Resources for Service Providers

- [SAGE – Advocacy & Services for LGBTQ+ Elders \(sageusa.org\)](https://www.sageusa.org): National advocacy and services organization focused on LGBTQ+ elders.
- [Make the Connection](#): connects Veterans, their families and friends, and other supporters to [mental health information](#) and hundreds of videos of Veterans sharing their [inspiring stories of recovery](#).

Learn more online about healthy relationships:

- [LoveisRespect.org](https://loveisrespect.org): Info on healthy relations and (teen) dating violence. Need to talk about your relationship? Call 1-866-331-9474. Text "LOVEIS" to 22522. Or Chat online 24/7.
- [BreaktheCycle.org](https://breakthecycle.org): Learn about dating abuse and how to prevent it. For ages 12-24.

Apps that can help with mental health and suicide prevention:

- [SafetyNet](#): Suicide prevention safety planning app from the creators of the Stanley Brown Safety Plan
- [NotOK App](#): Free app that allows you to upload contacts of important people from your network to easily reach out when you're not okay.
- [CalmHarm](#): Free app to support people dealing with impulses to self-harm.

Making environments safer from intentional injury or suicide:

- [Counseling on Access to Lethal Means \(CALM\)](#): Free 2-hr online training to learn more about lethal means safety
- [Lock2Live.org](#): Tool that can help you make decisions about temporarily reducing access to potentially dangerous things, like firearms, medicines, sharp objects, or other household items.
- [Safer Homes, Suicide Aware](#): Resources, online courses for firearm retailers and safety instructors.
- [Harvard Means Matters](#): Data driven public health site for both gun owners and non-gun owners to explore the "lethal means counseling" approach to reducing a suicidal person's access to firearms and other lethal means.
- [Project Childsafe](#): Committed to promoting genuine firearms safety through the distribution of safety education messages and free firearms safety kits. Also see recently released [Guide for Parents: Understanding Youth Mental Health and Preventing Unauthorized Access to Firearms](#)