



# HARC's Guide on

# National Suicide Prevention & Awareness Month

According to the Centers for Disease Control and Prevention (CDC), suicide is the 10th leading cause of death in the United States, responsible for more than 47,500 deaths in 2019.<sup>1</sup> One way to help lower this statistic is by learning about the warning signs and resources available for support.

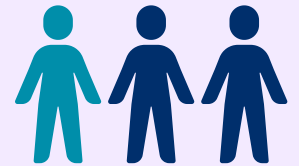
As September marks National Suicide Prevention and Awareness Month, HARC prepared the following infographic to learn about Coachella Valley statistics, suicide warning signs, how to help someone with suicidal thoughts, and local resources in the Coachella Valley.

## Coachella Valley Statistics

3.5%

In 2019, 3.5% of Coachella Valley adults (12,002 people) seriously considered ending their life in the past year.<sup>2</sup>

In the Coachella Valley, 1 out of 3 children ages six to 17 have had conversations with their parents/guardians about suicide.<sup>2</sup>



Most recent data from California Healthy Kids Survey show that the following percentages of 9th grade students considered suicide in the past year.<sup>3</sup>

Coachella Valley Unified  
School District

17%

2018-2019 data

Desert Sands Unified  
School District

15%

2019-2020 data

Palm Springs Unified  
School District

20%

2015-2016 data

## Suicide Warning Signs<sup>4</sup>

Knowing and recognizing the warning signs is key to preventing suicide. Seek help if you or someone you know is experiencing any of the signs below.

- **Feelings:** Expressing hopelessness about the future.
- **Actions:** Displaying severe or overwhelming pain or distress.
- **Changes:** Showing abrupt changes in behavior including withdrawal, anger, hostility, changes in appearance and sleeping habits, substance use or continual complaints about a physical ailment.
- **Threats:** Talking or writing about death, or making plans for suicide.
- **Situations:** Experiencing stressful situations such as getting into trouble, loss, change, or humiliation.



## How to Help Someone with Suicidal Thoughts<sup>5</sup>



**ASK:** Ask the person if they think about dying or killing themselves. Don't hesitate to do this - asking will not put the idea in their head, nor will it make them more likely to attempt suicide.

**LISTEN:** Start a conversation with the person and listen without judging to show you care. Create a safe space for them to share their feelings and vent.

**STAY:** Don't leave the person alone. Stay with them or make sure they are in a private, secure place with another caring person until you can get further help.

**SECURE:** If you suspect the person could be a harm to themselves, take them seriously. Remove any objects that could be used in a suicide attempt.

**CALL:** Call the National Suicide Prevention Lifeline at 1-800-273-8255 and follow their guidance. If danger from self-harm seems immediate, call 911.

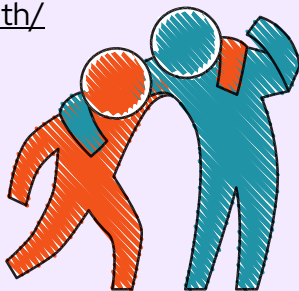
## Local Suicide Prevention and Mental Health Resources

### American Foundation for Suicide Prevention - Inland Empire and Desert Cities:

<https://afsp.org/chapter/inland-empire-and-desert-cities>

### Borrego Health:

<https://www.daphealth.org/health-services/behavioral-health/>



### Clinicas de Salud Del Pueblo

<https://cdsdp.org/patient-services/services-programs/behavioral-health/>

### DAP Health:

<https://www.daphealth.org/health-services/behavioral-health/>

### National Alliance on Mental Illness - Coachella Valley:

<https://namicoachellavalley.org/crisis-info/>

### Riverside County 24/7 Mental Health Urgent Care - Palm Springs

2500 N Palm Canyon Dr.  
Suite A4  
Palm Springs, CA 92262  
(442) 268-7000

### The LGBT Community Center of the Desert - Scott Hines Mental Health Clinic

<https://thecenterps.org/index.php/services/center-behavioral-health>

## National Suicide Prevention Hotlines



- National Suicide Prevention Lifeline: 1-800-273-TALK (8255).
- For Spanish speakers, call the National Suicide Prevention Lifeline: 1-888-628-9454.
- National Suicide Prevention Lifeline for Deaf and Hard of Hearing: 1-800-799-4889.
- National Suicide Prevention Lifeline's online chat: <http://www.SuicidePreventionLifeLine.org>.
- For lesbian, gay, bisexual, transgender and questioning youth ages 13-24, an additional crisis resource is provided by the Trevor Project: 866-488-7386.

For an immediate crisis, call 911.

### Sources:

1. <https://www.cdc.gov/suicide/facts/index.htm>
2. Coachella Valley Community Health Survey. (2019). HARC. Available online at: <https://harcdata.org/coachella-valley-community-health-survey/executive-report/>
3. <https://calschls.org/reports-data/public-dashboards/secondary-student/>
4. Be There Toolkit. (2020). Boys & Girls Clubs of America.
5. <https://www.ndbh.com/Content/Images/MMH/suicide2021/How%20To%20Help.pdf>

For more resources,  
please visit:  
[HARCdata.org](https://HARCdata.org)

