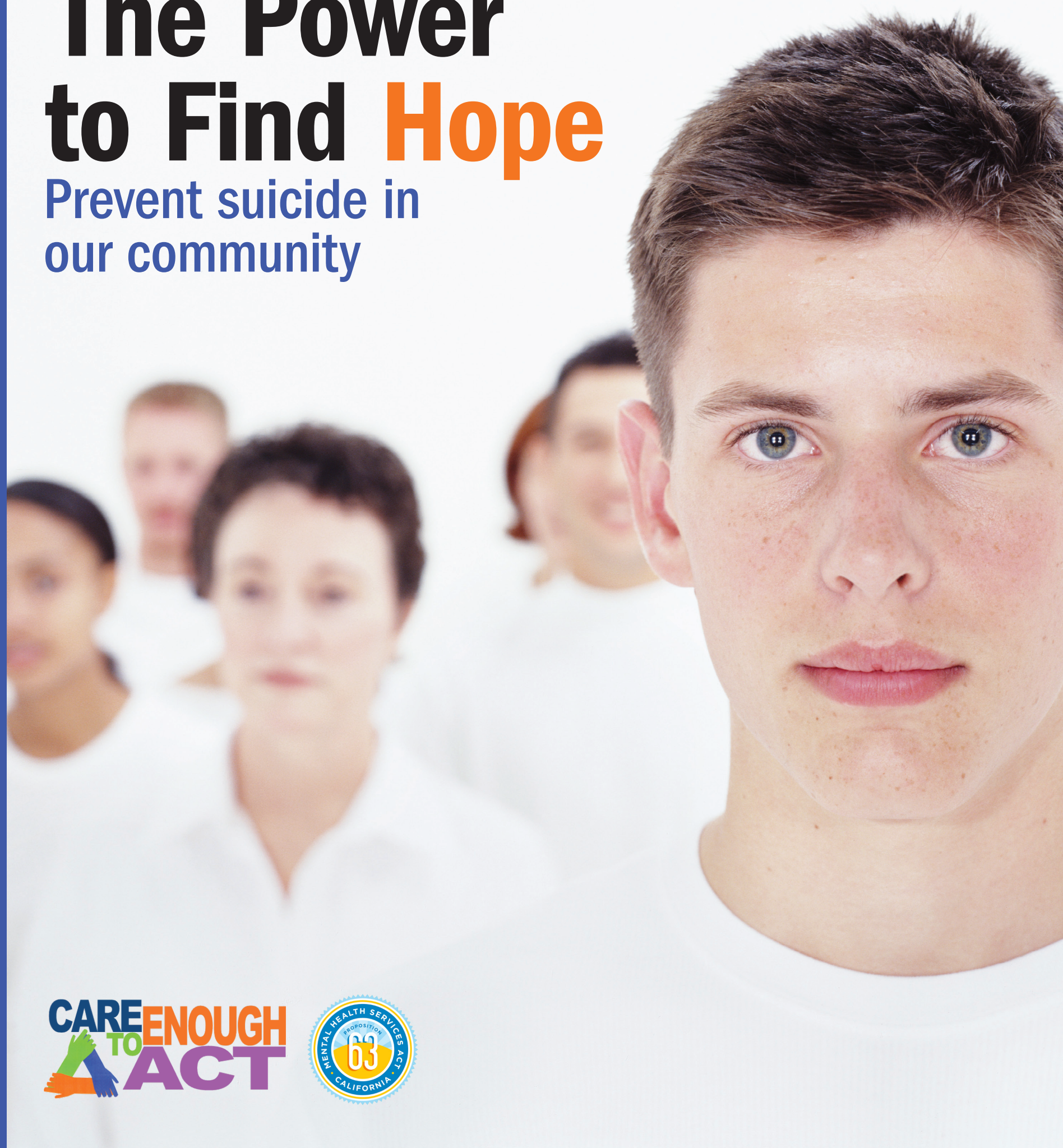


The Power to Find Hope

Prevent suicide in
our community



Community Is the Key to Hope

Suicide prevention task force works to end stigma, empower community

Thomas Kelem is a licensed Marriage and Family Therapist and serves as executive director of the Stonewall Alliance of Chico, a community center for the LGBT*Q+ community. When he was asked to join the suicide prevention task force, now known as Care Enough to Act (CETA), he recognized suicide as an important issue and got involved. Kelem says it's important to realize that suicide prevention is a community-wide issue and responsibility, not just an individual one.

"Suicide affects the whole community," Kelem says. "It isn't just an isolated event. And I think part of the solution to reducing death by suicide is a bigger sense of community — that people see that there are people they can reach out to."

Kelem notes that if you think you don't know someone who has experienced depression, suicidal thoughts or suicide attempts, you're most likely wrong. And since the effects of a suicide death ripple throughout the community, impacting circles far greater than a person's immediate family, it is everyone's concern.

As suicide is a community problem, the community also has the power to make a real difference in preventing it.

"Part of what we want to convey this year is that you don't have to be a professionally trained therapist to be able to help somebody, because so much of helping people is being part of a community, just reaching out to people, and building connections with people," Kelem says. "Sometimes, helping somebody who is thinking about suicide is as simple as listening to them, asking

them if they're OK and really meaning it."

This is the overall message of hope Kelem and other organizers aim to convey in this year's Suicide Prevention Week, Sept. 21-27, 2014. The week features suicide prevention awareness events produced by a number of local organizations and culminates in Chico's fifth annual Out of the Darkness Community Walk on Sept. 27, organized by the American Foundation for Suicide Prevention. Out of the Darkness offers keynote speakers, information and family activities. Kelem says that participating in these activities helps bring members of the community together to connect with one another. It also serves to bring the topic of suicide into the open, a step toward overcoming the stigma that prevents people from getting the help they need.

"We are working on breaking down the stigma surrounding suicide and depression, so people can feel more comfortable talking about it," Kelem says. "That's part of what we're working toward."

Another of CETA's goals year-round is to offer hope. Kelem says that too often, we hear the stories of completed suicides in the news, but not the stories of the many more people who've thought about or attempted suicide and come through the other side and are thriving.

"I think that one of the big messages is that there is a way through it," Kelem says. "A lot of people think about killing themselves, feel really depressed or don't know how to deal with something that's huge in their lives. That there are ways through this is an important message."

Thomas Kelem heads Care Enough to Act, the suicide prevention task force of Butte, Tehama and Glenn Counties.

PHOTO BY PAULA SCHULTZ



"I think that one of the big messages is that there is a way through it."

Thomas Kelem
Member of Care Enough to Act

WHAT YOU CAN DO TO HELP PREVENT SUICIDE

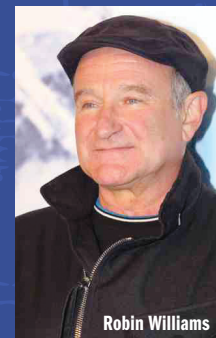
The topics of suicide and depression were propelled to the forefront of public consciousness on August 11, 2014, when the world learned of the death of actor and comedian Robin Williams. Williams' death by suicide draws attention to the need to expand our understanding of depression, mental illness and suicide, and to improve the ways in which all those who are hurting in our communities every day can get help.

It is possible to end deaths by suicide in our community. The fact is, most people who think about or attempt suicide don't

ultimately die by suicide — prevention often works, and anyone can reach out to someone in need just by starting a conversation. Every suicide attempt is different. Knowing how to recognize typical signs of suicide risk, and how to reach out, may help you guide someone to the help they need. While it can be hard to talk about suicide, mustering the courage to talk directly about suicide might be the turning point for someone you know who is struggling with depression or suicidal thoughts.

Get involved: Read on to find stories

of those who've lost loved ones to suicide and survivors of suicide attempts who offer their own experience of hope. Gain the tools to offer a lifeline to someone in need. Participate in this year's Suicide Prevention Week events and the Out of the Darkness walk — details on the back page and at CareEnoughToAct.org. Be part of the community movement to bring discussion of suicide out in the open, and bring hope to others. Care enough to act.



Robin Williams

PHOTO BY EVA RINALDI (FLICKR: ROBIN WILLIAMS) [CC-BY-SA 2.0
(<http://creativecommons.org/licenses/by-sa/2.0/>), VIA WIKIMEDIA COMMONS

The Power to Heal

Open communication
promotes healing

Gina Sims holds a photograph of her mother, Caryl, who died by suicide when Gina was a child. Now, Gina says she combats the “culture of secrets” surrounding suicide by choosing to approach depression like any other disease and talk about it openly.

PHOTO BY PAULA SCHULTZ

SURVIVORS AREN'T ALONE

If you've lost a loved one to suicide, you may feel alone, but you aren't. North State neighbors have experienced the same tragedy and faced the same feelings — anger, grief, guilt — wishing they could connect with others who'd relate to their loss.

Friends for Survival, Inc., founded in Sacramento, formed a volunteer-led outreach group in Chico eleven years ago. The group offers a place for survivors to get help from fellow survivors. Tim and Jenny Heck coordinate the Chico group, which meets the second Monday of each month at the library on Sherman Way.

“We're a self-help group,” Tim says. “Mostly our meetings are simply a chance for people to talk to some people who have empathy and understanding.”

Attendees primarily come from Butte, Glenn and Tehama counties, though a few have traveled from Redding and Marysville. Some attend regularly, some intermittently, some just once or twice.

To join, call 530-343-8942. Visit www.friendsforsurvival.org for more information and materials, or www.afsp.org for other resources.

When Gina Sims was 7 1/2, her mother, Caryl, died. Gina and her younger brother were told their mom succumbed to illness, and since she'd been hospitalized, they had no reason to suspect otherwise.

In a way, Caryl was claimed by illness, but it wasn't until Gina turned 20 that she learned the details of her mother's passing. Her mother had suffered from depression for several years. There had been several attempts at suicide and many modes of treatment, including counseling, medication, electroconvulsive therapy and inpatient hospital stays. Following her divorce from Gina's father and his subsequent remarriage, Caryl took her own life.

Gina was raised in Chicago, in an Irish-Italian Catholic family. Her father, already reticent to speak about matters such as suicide, followed the advice of counselors and didn't tell the children what happened to their mother in an effort to protect them.

Still, as she grew up, even after moving to California at age 10, Gina says she “knew a piece of the puzzle was missing” when it came to her mother's story.

So when her father finally revealed the truth, when he felt the time was right, “it made sense,” Gina says. “I remember crying, but there was also a sense of relief, like: Oh my God — that explains a lot. That explains why people would close up anytime we would ask about her, because their pain was too deep. They didn't deal with the pain, so it just became this secret that grew into this giant bowling ball that didn't do my brother or me any favors.”

When Gina was a student at Chico State, even though she was surrounded by supportive friends and family, the “culture of secrets” from her upbringing made it uncomfortable to share her experience.

“Now for me there's a lot of healing in talking about it,” Gina says. “It's not easy, but I realize that by keeping depression and suicide a secret with shame around it, that just perpetuates the problem. Depression is a disease, and when people die of suicide, why would you be ashamed of it and why would you hide it any more than if someone close to you died of cancer?”

“Now for me there's a lot of healing in talking about it.”

Gina Sims

As a result, Gina shared Caryl's story with her own daughters when they reached the age where she thought they would understand. Last November, she took the girls, ages 8 and 10, for a walk. During the walk, they talked about the grandmother they'd heard about but never knew.

“They asked a few probing questions, then they let it go, came back to the house and asked, ‘Can we watch TV?’” Gina recalls. “I felt such relief. It felt really good to come clean with my kids.

“The most painful part of the whole thing is not the death of my mom; it's the secrecy that came after.”

Openness has become Gina's generational gift.

The Question That Might Save a Life

Suicide intervention training teaches life-saving skills

When Bruce Baldwin agreed to become a trainer for the Applied Suicide Intervention Skills Training (ASIST) program, he thought he'd just be playing an indirect role in suicide intervention, helping people who help others. Little did he know that he'd put the skills he learned — then taught — into practice.

Bruce is the student health and safety manager at the Butte County Office of Education. He focuses on educating youth about the dangers of drugs, alcohol and tobacco. Two years ago, his boss asked him to participate in ASIST through LivingWorks Education in order to join her in training local behavioral health professionals and educators.

He was hesitant, knowing very little about the topic of suicide.

"Frankly, it scared me," he says. But he found the weeklong session "eye-opening" and "transformative."

ASIST is a skills-based program that anyone can learn, similar to CPR and First Aid. It is designed to help anyone intervene with people who are having thoughts of suicide and help them find their reasons to live. Bruce is not a mental health professional. He didn't need to be in order to grasp the curriculum. Since becoming a trainer, Bruce has trained people from all walks of life and many different professions.

Moreover, he says, "Once I had the knowledge, I ended



"Once I had the knowledge, I ended up needing it ... it's nothing short of miraculous the way it played out in my life."

Bruce Baldwin
ASIST trainer

Bruce Baldwin, an ASIST trainer, says that with a little support, people can learn how to have conversations that can prevent suicide.

PHOTO BY PAULA SCHULTZ

up needing it ... it's nothing short of miraculous the way it played out in my life."

One evening, while reviewing materials in preparation for a training session, Bruce received a phone call from a family member.

"I could tell something wasn't right," he recalls, "and I ended up asking her, 'Are you thinking about suicide?' She said yes."

He made the difficult choice to drive to her house and intervene, which may have saved her life.

"That's a question I never would have posed two years ago," Bruce says. "I never would have gone there — I wouldn't have known what to say if she'd said yes, I wouldn't have known what to say if she'd said no."

Bruce found himself in a similar situation at a speaking engagement. After making his presentation, a man quietly asked him to come to the lobby. There he encountered a woman in tears who confessed she was considering suicide; again he found himself using the skills he learned.

Whether trained or not, anyone can reach out to a friend, relative or acquaintance. Any hint that something is wrong should spark the direct question Bruce put to his family member.

"You don't know unless you ask," Bruce says. "I think there's a very strong natural reluctance to ask that question; it's almost like a societal taboo to bring it up, and I think that, more than anything else, is what ASIST has helped me get past."

KNOW THE SIGNS

Sometimes there are no obvious signs that someone might be contemplating suicide. Often there may be some indication that a person is struggling. Possible signs include:

- Depression and hopelessness
- Isolation
- Experiencing loss
- Serious medical condition
- Preoccupation with death
- Family history of suicide attempts
- Increased substance abuse
- Changes in sleep
- Failure to take care of self
- Getting affairs in order
- Saying goodbye

Thinking about suicide is not unusual. Find more information at www.suicideispreventable.org and www.afsp.org.

If something feels wrong, don't be afraid to ask the direct question Bruce Baldwin, a suicide intervention trainer, put to his family member: "Are you thinking about suicide?"

"Suicidal thoughts are like a river, picking up steam as they go," Baldwin

says. "If you let them go long enough, the current grows stronger and can pull the person over a waterfall. You need to throw a life preserver."

Anyone can learn to recognize and prevent suicide. One way is by completing the Applied Suicide Intervention Skills Training, or ASIST. For information on agencies conducting this training in Butte County, visit www.livingworks.net/programs/asist/.



“I didn’t realize how important I am to this world.”

Reyes Arreola
Suicide attempt survivor

Reyes Arreola attempted suicide three times, but says family ties helped him make it through each time. Today, Reyes is glad to be alive and wants to share a message of hope with others.

PHOTO BY PAULA SCHULTZ

Hanging on for Dear Life

Student made three suicide attempts as child, now embraces life

Growing up in a small town in the Central Valley, Reyes Arreola felt alone. Sure, he had a large extended family, but for much of his childhood, he lived just with his hard-working mother and older sister — and without his father, who left when Reyes was 6.

In addition to his father’s abandonment, Reyes struggled with his sexual identity. “As early as second grade,” he says, “I got called the ‘q’ word.”

His family, faith and community were intolerant toward gays, so Reyes kept that part of his identity secret. Meanwhile, peers physically and verbally assaulted him because of his sexuality. Years of bullying grew into intense pain and self-loathing.

“I tried everything within my power not to be gay, including dating a series of girls,” he says.

Now 21, Reyes says, “I was beating myself up because of my sexuality.”

On three occasions, he came close to ending his life by suicide. The first time, when Reyes was only 9 years old, he took a kitchen knife to his neck. As he thought about ending his life, the phone rang. He picked it up to hear his Dad’s voice. This comforted Reyes, especially because it had been nearly three months since they’d spoken.

“Just that call itself was enough to let me forget what was going on that day,” Reyes says, “and feel that I was okay ... and that I was going to be okay.”

The second time, at age 12, Reyes took a kitchen knife to his bedroom. As he began cutting his skin his infant brother crawled into his room. As if he knew what Reyes needed most, his brother, less than one year old at the time, gave him a hug. Reyes sobbed, embraced his brother, and knew he could not follow through with his plan.

Though he survived these first two encounters with suicide, the bullying and Reyes’ growing depression continued to escalate through his high-school years.

“I broke. I felt so horrible and so low. I didn’t want to live a gay life and it’s something that I couldn’t change,” Reyes shares.

One day, at age 15, he started taking a lot of pills, intending to overdose.

“Something made me stop,” says Reyes, mentioning that he noticed family photos at the time. Though still tormented, that was his last suicide attempt.

“Things really changed for me,” Reyes says, “when I became a camp counselor during my senior year of high school.”

Struck by a sense of belonging, admiration and caring, Reyes turned a corner.

“It felt so moving,” he explains. “Having felt like such a burden and failure alone, I was in charge of 12 kids. They just grew on me.”

When one 12-year-old camper disclosed his own struggles with feeling burdensome and unworthy, Reyes had a moment of clarity.

“That’s when I knew my purpose is to be a mentor,” he says. “I want to help people know that life is worth living.”

Now in his senior year at CSU Chico, Reyes serves as programming director of Chico State Pride.

“Depression is a daily battle, but I’ve found ways of dealing with it,” he says. “I know now that I will always have issues, and I’m okay with that. When most people graduate high school they don’t appreciate life the way I did, because I almost didn’t have my life anymore. I value the life I live today. I didn’t realize how important I am to this world.”

COLLEGE STUDENTS OFTEN STRUGGLE

College students, especially those new to campus, can find their integration into higher education to be overwhelming and isolating. **Obstacles to a smooth transition include:**

- Missing the support of parents and siblings during the first time away from home
- Not being connected on campus or aware of resources in the community
- Living with roommates for the first time
- Cultural barriers, such as language, spiritual practices and beliefs
- Undergoing major physical and mental changes normal of ages 18-25
- Unhealthy relationships, sexual assault and/or undiagnosed mental health issues

Indicators that a student may be struggling include:

- Missed classes
- Increased drug and alcohol use
- Risky behaviors
- Depression

These also dovetail with signs that a person may be considering suicide, so they should be taken seriously.

For additional mental health resources for students, including suicide-prevention training programs, visit www.cccstudentmentalhealth.org.

LGBT*Q+ Resources:

Stonewall Alliance of Chico
www.stonewallchico.org | 530-893-3336

Chico State Pride | www.csuchico.edu/pride
aspride@csuchico.edu

Butte College Gender-Sexuality Alliance
www.butte.edu/as/clubs.html
Adviser: Jake Boone, booneja@butte.edu

Suicide's Hidden Victims

Survivor's guilt takes heavy toll

COME 'OUT OF THE DARKNESS'

COMMUNITY WALK
HELD SEPT. 27

To raise awareness as well as funds, the American Foundation for Suicide Prevention's Greater Sacramento Area Chapter will hold Chico's fifth annual **Out of the Darkness Community Walk** on Sept. 27 in Chico City Plaza.

This year's theme: "You are not alone."

This FREE event, scheduled from 9 a.m. to 1 p.m., will include a walk covering roughly a mile (10 to 12 blocks), plus inspirational speeches, live music and a silent auction. Channel 7 newscasters will serve as emcees.

"Every person, every voice counts, as we fight the stigma connected with depression, mental illness and suicide," says Robyn Engel, the event chair. "We will literally and symbolically step towards a world without suicide."

The goal is to draw 500 participants and raise \$15,000 for AFSP.

Visit www.afsp.org/walk to register in advance, or register at the event between 9 and 10 a.m. Donations are accepted year-round.

Siblings Robyn and Glenn-David Engel had a lot in common. The middle two of four children, they bore a strong resemblance and had similar personality traits. They weren't twins, however. Sixteen months separated them, along with one major difference.

"By a genetic fluke, he got the schizophrenic gene and I did not," Robyn says.

Glenn-David's battle with his mental illness ended in September 1988, when he died by suicide at age 20, leaving behind a grief-stricken family – in particular, his sister Robyn.

She was 22, studying psychology and living at the family home in Los Angeles. That morning, Glenn-David had asked Robyn, as she headed out, when she'd be back with the car. Robyn gave him a perfunctory answer – "6 o'clock" – and left. When she returned home that evening, Glenn-David was dead.

"I still replay that final interaction, wishing I'd been nice to him, talked to him, and possibly saved his life," Robyn says.

Her lack of warmth "was an aspect of our entire relationship. Our upbringing was neglectful, and that bred a sense of animosity and even hatred between us."

In the aftermath of his death, "it was very complicated for me to navigate my grief," Robyn says. "There was nobody in my life back then I could talk to

about losing a sibling to suicide. It was a very isolating, incredibly painful time."

In an effort to make sense of her pain related to the loss of her brother, Robyn went to therapy and joined support groups. She found reassurance from a handful of friends and professionals with whom she could talk freely.

"I have what's termed 'survivor's guilt' in relation to my brother, meaning I feel guilty for being the one to survive," she says.

Robyn, 48, moved to Chico three years ago from the Bay Area. Her experience, and her battles with chronic depression, have strengthened her relationships with social-work clients, survivors of suicide loss, and those who've grappled with depression and other mental illnesses.

"It's taken me around 25 years to feel as though I've gotten to the other side of my guilt. I've worked through my grief enough to be a healthy support and mentor to others," Robyn says. "I've accepted the fact that life circumstances are random. My brother's situation is incredibly sad, and there's no making sense of it. Moreover, none of it is my fault."

"It took a huge amount of work to get to this point. But it's worth it, because I'm worth it. I haven't resolved this, but I have resolved to make the most of my life helping others."

"I haven't resolved this, but I have resolved to make the most of my life helping others."

Robyn Engel
Survivor of suicide loss



Robyn Engel's brother Glenn-David, pictured in the photograph she holds, died by suicide when she was 22. After struggling for years with survivor's guilt, Robyn now knows she's not at fault.

PHOTO BY PAULA SCHULTZ

“In this work, I see people who have the courage to reach out for help get better. It is incredible to witness.”

Chris Sims
Licensed clinical social worker with the Passages Connection Program

The Courage to Begin Healing

Q & A with Chris Sims

Chris Sims is a licensed clinical social worker with the Passages Connections Program, a resource funded by Prop. 63. Sims has counseled many people from diverse backgrounds, and offers one key message: mental health challenges are treatable.

What can people do if they feel depressed or are experiencing suicidal thoughts?

It takes a lot of courage to admit that you're hurting even to yourself, but that is the first step to beginning to heal. There are so many resources that are available in our community. You just have to open the door to them.

Talking honestly to people about your feelings, what your thoughts are, and examining your perspectives can be very helpful. New medicines that target mental health issues have also worked for a lot of people. Some people use a combination of the two. The most important thing, though, is to be honest with yourself and others and get help when you are experiencing these types of challenges.

What is important for people to realize about treating their mental health?

That it is OK to talk about the subject of how you are feeling, even when it isn't all good. Things like depression and anxiety can be so overwhelming. In this work, I see that people who have the courage to reach out for help get better. It is incredible to witness. I believe that part of being a member of a community is helping those who are hurting.

What are some common misconceptions or myths about getting treatment?

Some people believe mental health issues are more of a character flaw — that they should be ashamed because of their suffering. When someone is injured, they get treatment to get better. Mental health issues are no different. There are treatments that can help.

Are there clues that someone might be suicidal?

There are many signs that someone may be having a hard time, but they are not always obvious. The well known ones are things like problems eating or sleeping, excessive worry or feeling really guilty, gaining or losing a lot of weight. I have found one of the main symptoms is when someone says they don't feel like themselves or can't shake a mood. If you see any of these indicators, reaching out is so important. If you suspect someone you know is going through a tough time, ask them if they need help. And if you are struggling, let people know. Our community cares and help is out there.

As a therapist, what has been your experience counseling clients who've grappled with feeling suicidal?

One of the most difficult things I have been through as a professional and a person is losing a client to a death by suicide. One part of me knows I can have only so much influence and I am limited in what I can do. But there is this other part of me that can still feel angry and sad and guilty and scared all at the same time even though it happened years ago.

Chris Sims is a LCSW with the Passages Connection Program in Chico. Sims says the one thing he wants everyone to know is that mental illness is treatable.

PHOTO BY PAULA SCHULTZ



In my work now, when someone shares with me that they are feeling suicidal, I think it is a real honor because it shows they recognize how hard their life has become and trust me enough to share the depth of their struggle. When I work with someone who is willing to be honest like that, I know we can work together to make things better.

Comedian Robin Williams' recent death by suicide has received a lot of media attention. Is there anything we can learn from this event?

In the case of Williams, I think an important take-away is that no matter who you might be, or think you might be, we can all face challenges that may seem too tough to handle. He is an example of the vulnerability of us all.

In my work I recognize that one of the worst parts about depression and other mental health challenges is this pervasive feeling of hopelessness. But what I have learned is that feeling is a symptom but not a fact.

My hope is that if people can identify with Mr. Williams and think that they have reached their limit, that isn't a signal to take their life, but a signal to recognize the need for self compassion and to let others know they are suffering.

STATE AND NATIONAL RESOURCES

NAME	PHONE	WEBSITE
"Know the Signs" Campaign	(916) 452-4380	www.suicideispreventable.org
The Friendship Line (older adults)	1 (800) 971-0016	www.ioaging.org
The Trevor Line (LGBTQ+ suicide prevention)	1 (866) 488-7386	www.thetrevorproject.org
The Alex Project	Text ANSWER to 839863	www.alexproject.org
National Suicide Prevention Lifeline	1 (800) 273-8255	www.suicidepreventionlifeline.org
24-hour Suicide Prevention Crisis Line	(916) 368-3111 Text HOPE to (916) 668-iCAN(4226)	www.suicideprevention.wellspacehealth.org
Red Nacional de Prevención del Suicidio	1 (888) 628-9454	www.suicidepreventionlifeline.org/GetHelp/Spanish
Veterans Crisis Line	1 (800) 273-8255, Press 1	www.veteranscrisisline.net

BUTTE COUNTY FOR CRISIS

Behavioral Health 24/7 Crisis Line	1 (800) 334-6622	www.buttecounty.net
Homeless Emergency Runaway Effort (HERE)	1 (800) 371-4373	Same as above link
Enloe Behavioral Health	(530) 332-5250	www.enloe.org/medical_services/behavioral_health.asp

BUTTE COUNTY FOR SUPPORT

Talk Line	(855) 582-5554	www.nvcss.org/programs/buTalkline.aspx
Care Enough to Act	(530) 891-2850	www.careenoughtoact.org
PASSAGES	(530) 898-5923 1(800) 822-0109	www.passagescenter.org
Stonewall Alliance	(530) 893-3336	www.stonewallchico.org

SUPPORT AND PREVENTION AT LOCAL COLLEGES

NAME	PHONE	WEBSITE
Butte College Student Health Clinic	(530) 895-2442	www.butte.edu/shc
Butte College Safe Place & Wellness Program	(530) 879-6185	www.butte.edu/safeplace
CSU Chico Counseling & Wellness Center	(530) 898-6345	www.csuchico.edu/counseling
CSU Chico Health Center	(530) 898-5241	www.csuchico.edu/shs

GLENN COUNTY

Glenn County Behavioral Health	1 (800) 500-6582	www.countyofglenn.net
24-hour Crisis Line	1 (800) 507-3530	Same as above link
The Welcome Line	(530) 865-6733	Same as above link
The Harmony House Adult Drop-in Center	(530) 865-6725	Same as above link
The Transition Age Youth Center	(530) 865-1622	Same as above link

TEHAMA COUNTY

TeenScreen Mental Health Appointments	(530) 527-8491, ext. 3012	www.tehamacohealthservices.net
Tehama County Health Services Agency, Mental Health Community Crisis Response Unit (CCRU)	(530) 527-5637 1 (800) 240-3208	www.tehamacohealthservices.net/mentalhealth/crisis_services.htm
Family Service Agency	(530) 527-6702	www.fccredbluff.com
Headstart Counseling Services	(530) 529-1500, ext. 115	www.nccdi.com
Children First Counseling Center	(530) 529-9454	www.first5tehamacounty.com
Alternatives to Violence	(530) 528-0226	www.atvrb.org
Tehama County Mental Health Outpatient Services	(530) 527-8491, ext. 3121	www.tehamacohealthservices.net
Tehama County Suicide Prevention Task Force	(530) 520-6696 suzyslaw@gmail.com	www.careenoughtoact.org

Suicide Prevention Week September 21-27, 2014

CSU CHICO CAMPUS EVENTS

Before I Die Wall

beforeidie.cc/site/about

This global art project presented by UMMatter invites people to reflect on their lives and share their personal aspirations in a public space. Viewing and adding to the wall is life-affirming!

Displayed ALL WEEK, Mon. 9/22 to Fri. 9/26, 9 a.m.-5 p.m., in the Student Services Plaza by the outdoor stage. Also at the Out of the Darkness Walk on Sat. 9/27 in the Chico Downtown Plaza!

UMatter Cafe

A safe place for the discussion of suicide, mental health, mental illness and more. Participants are encouraged to express themselves in regards to these topics through reflection, art, poetry and song.

Tues. 9/23 at 3:30 p.m. in Selvester's

QPR Suicide Prevention Training

QPR is an approach to talking with someone about their possible thoughts of suicide. Attendees will learn how to recognize the warning signs for suicide and how to take action! Add this certification to your résumé and you could potentially save a life!

Tues. 9/23 at 6 p.m. in the UHUB

Movies for Mental Health

UMatter brings Art With Impact for the third year in a row to come host this engaging and eye-opening event! Come join us for a FREE dinner and viewing of three short films about mental illness, stigma and mental health, followed by discussion and a question and answer panel with mental health professionals.

Weds. 9/24 at 6:30 p.m. in the UHUB

COMMUNITY EVENTS

Northstate Public Radio

Listen to KCHO 91.7 FM and KFPR 88.9 FM throughout Suicide Prevention Week for information and news related to suicide prevention and promoting a more healthy, compassionate community.

Fifth Annual Chico Out of the Darkness Walk

Join the greater community in a fight to end the stigma connected with depression, mental illness and suicide. The event includes a one-mile walk, inspirational speeches, live music, a silent auction and resource tables. The first 200 people to check in get a prize!

Visit www.afsp.org/walk to register in advance, or register at the event between 9 and 10 a.m.

Sat. 9/27, 9 a.m.-1 p.m. at Chico Downtown Plaza

FREE Events

For a full description of Suicide Prevention Week events, go to: www.CareEnoughToAct.org

Articles in Spanish and Hmong are also available at www.CareEnoughToAct.org

**Articulos en Español y Hmong disponibles en
www.CareEnoughToAct.org**

*Muaj ntaub ntawv sau lus Hmoob thiab lus Mev nyob rau hauv
www.CareEnoughToAct.org*

