

*RUHS—BH believes that people with mental illness can and do recover and go on to lead rich, productive and satisfying lives.*

**Prevention and Early Intervention is funded by the Mental Health Services Act (MHSA)**

**[rcdmh.org/MHSA/pei](http://rcdmh.org/MHSA/pei)**

*Our goal is to:*

- *Increase community outreach and awareness regarding mental health within unserved and underserved populations.*
- *Increase awareness of mental health topics and reduce discrimination.*
- *Prevent the development of mental health issues by building protective factors and skills, increasing support, and reducing risk factors or stressors.*
- *Address a condition early in its manifestation that is of relatively low intensity and is of relatively short duration (less than one year).*



(951) 686 - HELP (4357)  
[Up2Riverside.org](http://Up2Riverside.org)

## Warning Signs for Suicide

Seek immediate help when you hear or see any one of these behaviors. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss or change. If someone you care about is showing any or a combination of the following behaviors, have them call or help them call the Riverside HELPLine, a free crisis and suicide intervention hotline and referral service, at (951) 686-HELP(4357). The phone lines are answered by trained professionals available 24/7; the call is free and confidential. You could be saving their life!

**Seek immediate help when you hear or see any one of these behaviors:**

- Talking about wanting to die or kill themselves
- Looking for ways to kill themselves, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

Source: [National Suicide Prevention Lifeline](http://NationalSuicidePreventionLifeline.org)

To learn more about the signs of suicide, how to find the words to have a conversation with someone you care about, and additional support resources, visit <https://up2riverside.org/about/related-campaigns/know-the-signs/>

# Suicide Prevention

Riverside University Health System awarded 11 agencies throughout Riverside County with funding to initiate a suicide prevention campaign. Each agency educated and provided resources to the community about suicide prevention by utilizing elements from the Each Mind Matters Toolkit. We want to thank all of the awardees for their hard work and dedication to making our community suicide safer. This edition will highlight the efforts made by the awardees to spread suicide prevention and mental health awareness.

## Big Brothers Big Sisters

Big Brothers Big Sisters hosted a suicide prevention table at a local run. During various staff meetings and orientation staff were informed about the mental health organization, Each Mind Matters as well as Directing Change. The organization also emailed suicide prevention information and resources to families and youth. Various Elements from the toolkit were utilized including; KNOW THE SIGNS brochures, Each Mind Matters resource cards and green ribbons.



## Chevonna Gaylor, LMFT

Chevonna hosted various suicide prevention tabling events at local barber shops and beauty salons; providing Each Mind Matters and KNOW THE SIGNS resources and information about suicide prevention. She also presented about suicide prevention at local African American churches where she provided donuts and coffee to the congregation. Each organization also posted Know The Signs posters for others to be aware of the resources. Elements from the toolkit were utilized including; coffee sleeves, coasters, KNOW THE SIGNS brochures and each mind matters resource cards.

## Desert Recreation Center

The Desert Recreation Center hosted 5 events at the recreation center utilizing the Suicide Prevention tailored Loteria/Bingo game to discuss warning signs of suicide and resources. They also provided suicide prevention resources from Each Mind Matters and Know The Signs. The Each Mind Matters coasters and coffee sleeves were utilized at their coffee station.



## Family Health & Support Network, Inc.

Family Health and Support Network hosted 4 events in their community to educate community members on the warning signs of suicide as well as available resources. There was also a suicide prevention workshop hosted in Spanish. The organization utilized various elements from the toolkit including green ribbons, coffee sleeves, coasters, and KNOW THE SIGNS brochures.



## K.E.R.U Radio Station

The radio station hosted 4 events in the Blythe community. The events were hosted at a local community college, at a city parade, an apartment complex and at a hardware store. During those events, information on suicide prevention was provided. The organization also posted the KNOW THE SIGNS posters in the local community as well as announced the suicide prevention hotline number and suicide prevention resources on the radio.



## Murrieta Valley School District

The school hosted a family night event to educate the caregivers as well as their youth on the warning signs of suicide and resources available in their community. They also had a panel that focused on suicide prevention and encouraging parents to speak about suicide prevention in the home.



## NAMI-Mt. San Jacinto

NAMI hosted over 10 tabling events in the Mid-County region providing suicide prevention information and resources. NAMI was also able to present at local high schools and colleges about the warning signs of suicide as well as resources that are available. The organization also posted the KNOW THE SIGNS posters at local coffee shops. The elements utilized included brochures, KNOW THE SIGNS tent cards, green ribbons and coffee sleeves.



## Filipino American Mental Health Resource Center

This organization hosted several table events at a local Filipino American and Asian American church to increase awareness of suicide and suicide prevention. They also had the opportunity to partner with the Moreno Valley College- Active Minds Club to speak to students about mental health, suicide prevention and reducing stigma. Many Each Mind Matters elements were utilized from the toolkit including ribbons, pins, brochures, posters and coffee sleeves.



## Riverside County Black Chamber of Commerce



RCBCC hosted 2 events; one for adults and the other for youth. Each event focused on having group discussions about suicide prevention and the stigma associated with suicide in the African American culture.

The coffee sleeves, brochures, posters and tent cards were utilized at these events. The organization also posted KNOW THE SIGNS posters at the local library and coffee shop.

## TruEvolution

TruEvolution hosted one event for the community to discuss suicide prevention. Various vendors were present to inform community members about local resources. The organization also scheduled speakers to discuss their journey with suicidal thoughts and their story of recovery and hope.



## Val Verde Unified School District

A one night event consisted of a keynote speaker speaking about suicide prevention followed by break out sessions to speak to the youth and caregivers separately about suicide prevention. The elements utilized included coffee sleeves, coasters, posters, KNOW THE SIGNS brochures and each mind matters resources.



# Active Minds - Send Silence Packing Exhibit

Riverside University Health System-Behavioral Health-Prevention and Early Intervention is proud to announce our partnership with Active Minds. Active Minds is the nation's premier nonprofit organization supporting mental health awareness and education for students. Active Minds is inspiring and empowering a new generation to change the conversation about mental health and initiate this with the Send Silence Packing exhibit. Send Silence Packing is a nationally recognized traveling exhibition of 1,100 backpacks, representing the number of college students lost to suicide each year.

## Send Silence Packing coming to Downtown Riverside

RUHS-BH-PEI is hosting the Send Silence Packing Exhibit in Downtown Riverside, Main Street Pedestrian Mall on April 22nd 2019. The opening ceremony will begin at 9:00am followed by a special guest presenter, Kevin Briggs at 9:30 am. This free community event can be visited from 9:00 am-3:00 pm.

To learn more about Kevin visit:

<https://www.activeminds.org/speaker/kevin-briggs/>



Pictured above: Active Minds speaker, Kevin Briggs

## Send Silence Packing Exhibits will be hosted at the following community colleges:

Mt. San Jacinto College

28237 La Piedra Rd, Menifee, CA 92584

Date: Tuesday, April 23rd

Time: 9:00 am-3:00 pm

College of the Desert

43-500 Monterey Ave, Palm Desert, CA 92260

Date: Thursday, April 25th

Time: 9:00 am-3:00pm



Find a Send Silence Packing Exhibit near you.

<https://www.activeminds.org/programs/send-silence-packing/>

# Partners in Increasing Awareness

Pain Isn't Always Obvious

**KNOW  
THE SIGNS**

Suicide Is Preventable.org

## CRISIS TEXT LINE

TEXT CONNECT TO 741741

## HELPLINE

951-686-HELP (4357)

## NATIONAL SUICIDE PREVENTION

## LIFELINE

1-800-273-8255

## SUICIDE IS PREVENTABLE

*Know the signs to save a life today*

- Talking about wanting to die.
- Looking for a way to kill oneself.
- Talking about feeling hopeless or having no purpose.
- Talking about feeling trapped or unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious, agitated or reckless.
- Sleeping too much or too little.
- Withdrawing or feeling anxious.
- Showing rage or talking about revenge.
- Displaying extreme mood swings.

## ***Each Mind Matters: California's Mental Health Movement***

The organization works to advance mental health awareness by reducing stigma, improving mental health and equality. In addition, the organization connects individuals with local events in order to build community. Some of these events include, screenings, forums, and awareness walks. While also offering tips and tools to help people take positive action towards their mental health. Wear your green ribbon today to be an advocate for mental health!

To learn more, please visit [www.eachmindmatters.org](http://www.eachmindmatters.org)

**Each  
Mind  
Matters**  
California's Mental  
Health Movement

The California Mental Health Services Authority (CalMHSA) is an organization of county governments working to improve mental health outcomes for individuals, families and communities. Prevention and early intervention (PEI) initiatives implemented by CalMHSA – and collected under the banner of Each Mind Matters: California's Mental Health Movement – include Stigma and Discrimination Reduction, Suicide Prevention and Student Mental Health, all of which are funded through the voter-approved Mental Health Services Act (Prop. 63). For more information: [www.calmhsa.org](http://www.calmhsa.org)

## CONNECT WITH US

### PEI COLLABORATIVE

**Location:** 2085 Rustin Ave.  
Riverside CA, 92507

**Date: Wednesday,  
May 29th, 2019  
Time: 12 pm - 2 pm**

Lunch will be served. Please RSVP to ensure we have enough food for all.

Please email: [PEI@ruhealth.org](mailto:PEI@ruhealth.org)

RUHS-Behavioral Health, Prevention and Early Intervention (PEI) invites you to join us in our quarterly collaborative meetings. Building upon our community planning process we will have meetings throughout the year to keep you informed about PEI programming and services, build partnerships and collaborate, and work together to meet the prevention and early intervention needs for the individuals, children, families, and communities of Riverside County. This meeting is open for anyone who works with those who are impacted by PEI programming, agencies and organizations seeking to partner with PEI programs and providers, anyone interested in learning more about PEI services and their impact on the community, as well as anyone interested in having a voice regarding PEI programs.

### SOCIAL MEDIA



@RUHSBH



RUHS-BH



#RUHSBH

## PEI Trainings

### Applied Suicide Intervention Skills Training (ASIST)

2 Day Interactive training course

Learn how to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

### SafeTALK Training

3 hour training course

Learn ways to engage with people who are having thoughts of suicide and connect them with resources.

### Mental Health First Aid (Adult and Youth)

8 hour training course

Learn risk factors and warning signs of mental illnesses, build understanding of their impact, and learn about common supports.

**If you are interested in attending ASIST, SafeTALK, or MHFA please email [PEI@ruhealth.org](mailto:PEI@ruhealth.org)**

## Upcoming Suicide Prevention Events

### **7th Annual Inland Empire Directing Change Screening and Award Ceremony**

May 2nd, 2019

6:00 pm - 8:00 pm

California Theatre of The Performing Arts  
San Bernardino, CA

RSVP information coming soon

PEI Pulse is published by the Prevention and Early Intervention program of Riverside University Health System - Behavioral Health. Please direct inquiries to [PEI@ruhealth.org](mailto:PEI@ruhealth.org)