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# SOCIAL WORK SPOTLIGHT

## September is Suicide Prevention Month

### Be a part of #IWONTBESILENT

#### **Depression is one of the leading causes of suicide attempts across all ages.**

Mental or addictive disorders are associated with 90% of suicides. In 2018, the most recent figures available, over 48,000 Americans died to suicide. It is the second leading cause of death for the 12 – 18 (middle and high school aged), 18 – 24, and 25 – 35-year-old age groups. The number of suicide deaths for ages 10 – 14 have more than doubled within the last decade. Depression can be exhibited in many different ways and we should be cognizant of those exhibiting several signs for an extended period of time. Some of the warning signs associated with depression include the following:

- Sudden, abrupt changes in personality
- Expressions of hopelessness and despair
- Lack of interest in activities once enjoyed
- Increased irritability and aggressiveness
- Withdrawal from family, friends and relationships

#### **The Jason Foundation will be promoting three initiatives for the month of September.**

- #IWONTBESILENT – #IWONTBESILENT is an ongoing, awareness campaign from The Jason Foundation that encourages the community to raise the national conversation of youth suicide prevention. The campaign encourages and offers suggestions to conduct awareness events in schools, businesses, churches, and other organizations.  
[www.iwontbesilent.com](http://www.iwontbesilent.com)
- Crisis Text Line© – Text “Jason” to 741741 to speak with a compassionate, trained Crisis Counselor.
- Crisis Support Team - The Crisis Support Team (CST) is a free resource for guidance and advice when dealing with traumatic events that could affect students’ and young people’s emotional health in a school, church, youth organization, or other setting.

Visit The Jason Foundation’s website to learn about the programs offered, where the nearest Jason Foundation Affiliate Office is to you, and how you can become involved in Suicide Prevention Month. [www.jasonfoundation.com](http://www.jasonfoundation.com)

## How Can We Help You?

### Sarah Samples-District Social Worker

Check out the Mental Health Services Website for all of my resources!

<https://www.desotocountyschools.org/mentalhealth>-You can find the link to my Request Form and my check-in form that can be utilized for students or staff. I also have a Schoology page! If you are a school counselor, you have been added to my course. Or my access code is S6QJ-KZ2K-HWQHR.



### Anna Johnson- SPED Social Worker

Check out the Behavior Services Website for all my resources!

<https://www.desotocountyschools.org/behaviorservices>-You can find the link to my Request Form.

I also have a Schoology page! If you are a MET Chair, you have been added to my course. Or my access code is JZZQ-NRTC-P8M23.



If you have a student that would benefit from being added to either of our Schoology pages for social skills or resources, you can fill out our request form. Here is the link to the Schoology Request Form.

[https://forms.office.com/Pages/ResponsePage.aspx?id=4PrgwCLoSkibGvvVcj4kCqXws\\_svkQFGtmYpHd0P6CRUMVNDV0k0SFNNR0VTUjc0S](https://forms.office.com/Pages/ResponsePage.aspx?id=4PrgwCLoSkibGvvVcj4kCqXws_svkQFGtmYpHd0P6CRUMVNDV0k0SFNNR0VTUjc0S)