



# Liberty Union High School District

20 Oak Street

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Eric L. Volta, Superintendent

April 26, 2017

Dear East County Community,

Recently our community has suffered with the knowledge of the loss, and the attempted loss of a young person's life. No family, school, nor community should have to cope with this tragedy. I am sure you all experience the same pain as I do when such an event happens. However, it is important to note that such tragedies may be preventable. The following are warning signs of potential suicide per the American Foundation for Suicide Prevention:

- 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 in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious, agitated or recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

The more of these signs a person shows, the greater the risk. Warning signs are associated with suicide but may not be what causes a suicide.

The good news is that there are a number of resources available locally and nationally. The most readily available being the **Contra Costa Crisis Center** (925-939-1916).

The Crisis Center has a crisis hotline at **800-273-TALK (8255)**

Please, I implore you to stay off social media to find information or to give opinions regarding any student issue. What is read or posted could be harmful or hurtful to others. Rather, talk to your child's counselor or visit the websites of the above mentioned organizations to talk to trained professionals.

Sincerely,

Eric L. Volta