

Suicide Prevention

The Liberty Union High School District (LUHSD) believes the safety of the district's students is a top priority.

Unfortunately, suicide is the second leading cause of death for young people between ages of 10 to 24. Adolescence is a time of change, young people may experience stress from many sources, including relationships with friends and family members and problems at school.

In the event a student is struggling with thoughts of suicide, please consider initiating the following steps (adopted from the website: Suicide Prevention Lifeline):

- Ask for help: Disclose your struggles with a friend, family member, counselor and/or teacher.
- Remember your current feelings can be overcome: Family conflicts, relationships, grades, sexual identity, and the loss of important people can seem impossible to deal with, however, with the appropriate support from others, you will be able to better cope with your challenges.

Risk and Protective Factors:

Suicide prevention efforts seek to reduce the suicide risk factors for teens and strengthen the factors that help protect them from suicide. Here are a few examples (adopted from the Suicide Prevention Resource Center):

Risk factors

- Depression and other mental health problems
- Alcohol or drug use
- Feelings of social isolation
- Difficult life situations (abuse, bullying, poverty)

Protective factors

- Life skills (problem-solving, coping)
- Social support from family, friends, and others
- Positive school experiences

If you are thinking about suicide or worried about a friend or love one, please call (24 hours/day):

- Contra Costa Crisis Center at 1-800-833-2900 or Text HOPE to 20121
- Contra Costa County Information & Referral for Community Resources at 2-1-1
- National Suicide Prevention Lifeline at 1-800-273-8255 (1-800-273-TALK)
- Yellow Ribbon Hope Line Network at 1-800-784-2433 (1-800-SUICIDE)
- 911