



Suicide rates have been rising in nearly every state in the country, so our work is more important than ever. As we reach out to others to let them know they are not alone when they are in distress, we are also reminded that we are not alone in our passion, concern, and work to prevent suicide in our communities and workplaces.

Napa County Suicide Prevention Council is working locally to educate our community and advocate for change, to reduce Napa County's suicide rates. The Napa County Suicide Prevention Council membership includes friends and family members impacted by suicide, law enforcement, schools, public and private health professionals, and not-for-profit community-based organizations. We invite you to join us in our key initiatives:

### **Media Campaign: Suicide Impacts Us All**

Designed to raise awareness about the risks of suicide and educate the public regarding resources available to help those in need. Look for us on buses and bus shelters throughout the county this month!

- Post *Suicide Impacts Us All* material on your business websites and/or personal social media accounts.
- Display *Suicide Impacts Us All* posters in your place of business.
- Distribute *Suicide Impacts Us All* flyers and informational materials in your place of business.
- Donate funds to support the messaging campaign (i.e. printing, Napa Valley Transit Authority advertising, etc.)

### **Universal Screening: Columbia Suicide Severity Rating Scale**

Aldea Children & Family Services, Napa County Mental Health, Napa Unified School District and Ole Health recently implemented this simple screening tool to identify those at risk for suicide. Our goal is to have universal screening throughout the county, wherever there may be people at risk.

- Health and Human Services organizations may contact Deputy Director Sarah O'Malley at [sarah.omalley@countyofnapa.org](mailto:sarah.omalley@countyofnapa.org) to receive more information on this life saving tool. The training takes 30 minutes or less!

### **Gatekeeper Training: Question, Persuade, Refer**

Anyone can learn about the Question, Persuade, Refer (QPR) model to intervene when they identify someone at risk for suicide.

- 90-minute training offers information and skills to help briefly interact with individuals at risk and guide them to mental health services that may save their lives. Contact [napasuicideprevention@aldeainc.org](mailto:napasuicideprevention@aldeainc.org) to book a training for your group.

**Anyone can be at risk for suicide, and anyone can help. Let's work together to prevent suicide in our community, because suicide impacts us all.**

**IF YOU ARE IN A CRISIS, PLEASE CONTACT NAPA COUNTY MENTAL HEALTH 24 -HOUR CRISIS LINE: 707-253-4711**

---

### **JOIN US AT OUR MONTHLY SUICIDE PREVENTION COUNCIL MEETINGS:**

Every 2<sup>nd</sup> Thursday of the month 4:00-5:30pm 2751A Napa Valley Corp Drive, Napa, CA HHS Conference Center.

CONTACT SPC CO CHAIRS- Sarah O'Malley, Deputy Director of Health and Human Services at

[sarah.omalley@countyofnapa.org](mailto:sarah.omalley@countyofnapa.org), call 707-299-1456 OR Kerry Ahearn, CEO Aldea, [kahearn@aldeainc.org](mailto:kahearn@aldeainc.org) 707-255-1855