

SAFETY MATTERS

RISK
MANAGEMENT
NEWSLETTER

IN THIS ISSUE

MAY 09, 2025

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- Follow Your Organization's Suicide Prevention Policy
- Reach Out

SUICIDE PREVENTION

OBJECTIVE To increase the awareness of the resources available to help with suicide prevention efforts.

Suicide is a preventable tragedy, and schools are crucial in safeguarding student mental health. 2023 provisional data reported over 49,300 suicide deaths, maintaining the historically high levels seen in 2022. Suicide remained the nation's 11th leading cause of death. Age group 10-14, suicide rates tripled from 2007 through 2018, from 0.9 to 2.9 per 100,000, and remained stable through 2021. Age group 15-19, suicide rates increased from 2009 through 2017, with a slight decline in 2022.

Factors like social isolation, academic pressure, and trauma have intensified the youth mental health crisis. Schools can address these challenges by creating supportive environments that foster connectedness and well-being. Implementing evidence-based programs—such as peer support initiatives and mental health education—empowers students to recognize warning signs and seek help for themselves or peers. By prioritizing mental health and adopting comprehensive prevention strategies, schools can cultivate nurturing environments where students feel valued, supported, and equipped to navigate life's challenges, thereby significantly reducing suicide risk and promoting overall well-being.





KNOW THE SIGNS

While there is no conclusive list of all warning signs, there are some that are particularly common among teens and young adults. Keep an eye out for these warning signs:

- Withdrawal
- Reckless behavior
- Personality change
- Substance abuse
- Neglect of personal appearance
- Loss of interest
- Giving away belongings
- Removing all photos from social media
- Posts on social media that romanticize suicide and deaths

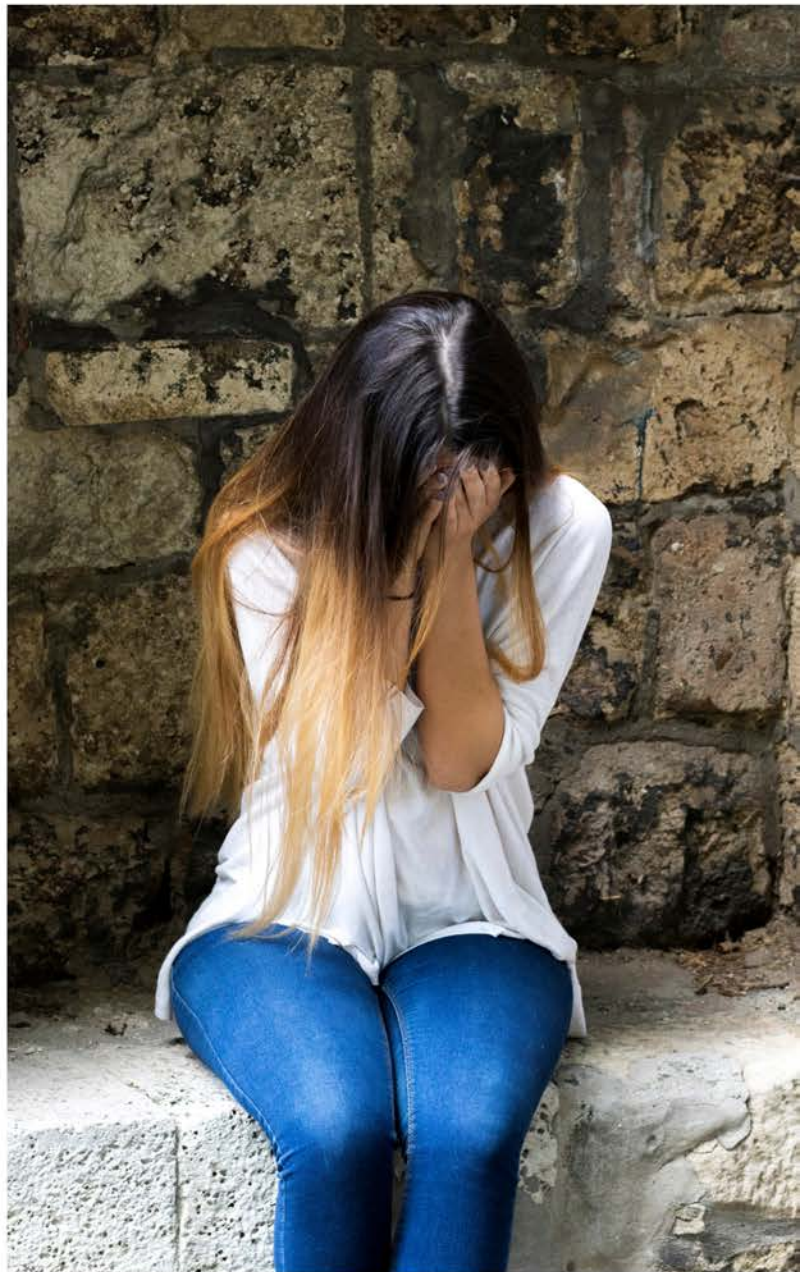
FOLLOW YOUR ORGANIZATION'S SUICIDE PREVENTION POLICY

California school districts are required to have suicide prevention policies in place as outlined in Ed. Code 215. Districts should review their existing board policies and administrative regulations to ensure they address the needs of high-risk groups:

- Youth bereaved by suicide
- Youth with disabilities, mental illness, or substance abuse disorders
- Youth experiencing homelessness or in out-of-home settings such as foster care
- Lesbian, gay, bisexual, transgender, or questioning youth

While Institutions of Higher Education (IHEs) are not required to have a suicide prevention policy under Ed. Code 215, it is good practice to include a suicide prevention plan under the Student Health Services policy. Both institutions of higher education and school districts that serve grades 7-12 are required to print the following suicide prevention resources on student ID cards per Ed. Code 215.5:

- National Suicide Prevention Lifeline: (800) 273-8255 (this is the 10-digit previous number still in operation) The National Suicide Prevention Lifeline is 988 as of 2022.
- National Domestic Violence Hotline: (800) 799-7233





REACH OUT

In addition to the national hotlines, there are several local resources within the Inland Empire that can offer treatment and assistance to students:

Riverside County

CARES Line (Community, Access, Referral, Evaluation, and Support)
800-499-3008 | up2riverside.org

Information and referrals for Medi-Cal and Riverside County Health Plan beneficiaries seeking mental health services

Riverside County Regional Medical Center ETS

951-358-4881

24/7 clinical evaluation, crisis intervention, and referrals for psychiatric hospitalization as needed

San Bernardino County

County of San Bernardino Access Unit

888-743-1478

24/7 call center comprised of mental health professionals

Community Crisis Response Team (CCRT)

Call (800) 398-0018 or text (909) 420-0560

Community-based mobile crisis response program for children experiencing a psychiatric emergency, available 24 hours a day, 365 days per year

Crisis Walk in Centers (CWIC)

CWIC High Desert: 760-245-8837 (24/7)

CWIC Morongo Basin: 760-365-2233 (24/7)

This California Schools JPA fact sheet is not intended to be exhaustive. The discussion and best practices suggested herein should not be regarded as legal advice. Readers should pursue legal counsel or contact their insurance providers to gain more exhaustive advice.



ADDITIONAL RESOURCES FOR SCHOOLS

Free suicide prevention modules geared toward educators:

[CDC Suicide Prevention Resources](#)

[Professional Development Series: California | The Jason Foundation, Inc.](#)

[Suicide Prevention Awareness | Know the Warning Signs of Suicidal Behavior \(suicideispreventable.org\)](#)

[Youth Suicide Prevention- Mental Health \(CA Department of Education\)](#)

[Suicide Prevention Awareness for Parents/Caregivers](#)

[Suicide Prevention Resource Center — Colleges and Universities](#)





SIGN-IN SHEET

SUICIDE PREVENTION

Facilitator: _____ Facilitator's Signature: _____

Date: _____ Organization: _____ Department: _____

Participants:

Name: _____	Signature: _____
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