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BEHAVIORAL HEALTH SERVICES SHARES SUICIDE PREVENTION RESOURCES

World Suicide Prevention Day is September 10, 2021

September 10, 2021 (Stockton, CA)—Suicide Prevention Week (September 5-11, 2021) unites communities around the globe to spread awareness about the warning signs of suicide and offer support to those who are suicide loss survivors.

“One loss to suicide is too many,” said Tony Vartan, Director of San Joaquin County Behavioral Health Services (BHS). “San Joaquin County has resources to support both those contemplating suicide and those with concerns for someone exhibiting suicidal warning signs,” he continued.

Emotional pain is not always obvious. While suicide is a complex public health problem, it is also preventable.

Some common suicide warning signs include talking about suicide or wanting to die, looking for a way to end life, feeling hopeless or trapped, giving away possessions, putting affairs in order, reckless or dangerous behavior, increased drug or alcohol use, and changes in sleep patterns, among others.

If you or someone you know is feeling hopeless or suicidal, or is in need of behavioral health services, contact the following resources 24 hours a day, seven days a week:

- **BHS 24-Hour Crisis Line** **209-468-8686**
- **National Suicide Prevention Lifeline** **800-273-8255**
- **Crisis Text Line** **Text “EMM” to 741741**
- **The BHS Consumer Supported Warm Line** **209-468-3585**
- **BHS Access Line** **209-468-9370**
(The Access Line provides targeted resources, assessments and screenings.)
- **The Trevor Project** **866-488-7386** or **Text “START” to 678678**
(LGBTQ national crisis intervention and suicide prevention for those 25 years and younger.)

For more information on suicide prevention efforts underway in California and to get involved, visit www.eachmindmatters.org, www.suicideispreventable.org, www.elsuicidiodoesprevenible.org

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The mission of San Joaquin County Behavioral Health Services is to partner with the community to provide integrated, culturally and linguistically competent mental health and substance abuse services to meet the prevention, intervention, treatment and recovery needs of San Joaquin County residents.