

NBSIA Member Services Safety Bulletin

September 2022

SUICIDE PREVENTION MONTH

Suicidal thoughts can affect anyone regardless of age, gender or background. Suicide is often the result of an untreated mental health condition. Suicidal thoughts should not be considered normal, and they often indicate more serious issues.

Know The Warning Signs

Distinguishing “normal” behaviors from possible signs of a mental illness isn’t always easy. There’s no simple test to label one’s actions and thoughts as mental illness, typical behavior or the result of a physical ailment. Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Excessive worrying or fear
- Feeling excessively sad or low
- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Inability to perceive changes in one’s own feelings, behavior or personality (“lack of insight” or anosognosia)
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing “aches and pains”)
- Thinking about suicide

Crisis Response Tools

If you or someone you know is in crisis, call 988 immediately.

STOPit Crisis Text Line™

- Allows individuals to anonymously report safety, misconduct, or compliance concerns to help others or connect with a Crisis Counselor to help themselves.
- Available 24/7/365 to monitor, manage and immediately escalate life-threatening concerns and incidents

STOPIT SOLUTIONS
ANONYMOUS REPORTING SYSTEM

NBSIA OFFERS TO MEMBERS THE STOPIT MOBILE APP.*
IT IS A SIMPLE AND POWERFUL PROGRAM PROVIDING A SAFE, ANONYMOUS WAY FOR STUDENTS AND STAFF TO INSTANTLY SHARE INFORMATION, REPORT BULLYING, AND HARMFUL BEHAVIORS DIRECTLY TO SCHOOL ADMINISTRATORS.

NEW!
JULY 2022
CRISIS TEXT LINE |

SERVES ANYONE, IN ANY TYPE OF CRISIS, PROVIDING ACCESS TO 24/7 SUPPORT

- > CONNECT WITH A LIVE, TRAINED CRISIS COUNSELOR
- > EXPLAIN SITUATION
- > CRISIS COUNSELOR MOVES INDIVIDUAL FROM HOT TO COLD PLACE
- > PLACES HELP WITH EXPERT
- > SAFETY MEASURES IN PLACE FOR ANY LIFE-THREATENING SITUATIONS

FOR MORE INFORMATION ABOUT THIS PROGRAM, CONTACT
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DENISE@NBSIA.ORG (707) 428-1830 EXT. 106

*FREE FOR P/L MEMBERS, DISCOUNTED RATE FOR NON P/L MEMBERS

Sources:

<https://www.stopitsolutions.com/>

<https://www.nami.org/NAMI/media/NAMI-Media/PDFs/2022-SPAM-Partner-Guide.pdf>



Contact Us

(707) 428-1830

www.nbsia.org

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