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**Date sent** 08/28/2014 07:08:53 am

**Subject:** Assessing for Risk of Suicide or Harm, Part II, Mental Health First Aider eNews

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**NATIONAL COUNCIL**  
FOR BEHAVIORAL HEALTH  
MENTAL HEALTH FIRST AID



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**MENTAL HEALTH FIRST AID™**  
*News and Updates*



## Mental Health First Aider eNews

*This biweekly newsletter provides breaking news, updates and useful resources from Mental Health First Aid USA.*

### Suicide in Youth

This month we've been focusing on the A in Mental Health First Aid's 5-step action plan: Assess for risk of suicide or harm. Suicide doesn't just affect adults; it is the third leading cause of death in youth ages 10-24. According to a nationwide survey conducted by the Center for Disease Control and Prevention (CDC), 16% of students in grades 9-12 reported seriously considering suicide. To see other results of the study and to learn what factors can put a young person at risk of suicide, visit the CDC Injury Center's [Violence Prevention page](#).

Need a refresher on what to do if someone you know is having thoughts of suicide? Refer to your Mental Health First Aid manual pages 106-108 (Adult) or pages 137-141 (Youth).

### Take 5 to Save Lives

September 10 is World Suicide Prevention Day. You can make a difference by joining Take 5 to Save Lives' movement to prevent



#### What People Are Saying

"In light of Robin Williams' death, this [issue of Mental Health First Aid e-News] is so timely. [I] have shared this with my colleagues; some have expressed questions as to 'why?' [and] 'how can someone be such an active member of life and do this?' This will clearly open the topic for discussion. In the type of work we do, dealing with customers who have lost so much during the downturn of our economy, we see depression in a large scale. We, at times, do not realize how it is affecting us too."

-Maria Chaplin, WDP II  
Sacramento Employment and Training Agency Sacramento Works Job Center



#### Correction

In our last issue of Mental Health First Aid eNews, the feature on the connection between stress and sleep should have stated that short wave lights in electronics can suppress

suicide. An online educational campaign of the National Council for Suicide Prevention, it encourages individuals to take five minutes to learn five steps to help prevent suicide. Learn the steps and get involved by [clicking here](#).

melatonin.



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## Poll

It's summer, which means time for travel and relaxation! Which of the following wellness activities are you most likely to incorporate into your plans? [Take Poll](#)

- a) Attend a local yoga class
- b) "Unplug" from work calls and emails
- c) Exercise or go for a run along the beach
- d) Treat yourself to a massage
- e) Learn something new, such as creative writing, photography, or dance

[Read how](#) vacation positively affects your mental health.

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*Mental Health First Aid USA is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.*

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**CONTACT**

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