

## Suicide Prevention Awareness Month

By Dr. Margaret Rea

September is Suicide Prevention Awareness month. The goal of calling attention to this event is to open the dialogue about suicide with the hope of decreasing the stigma about the topic and ultimately to reach those in need of support.

National efforts, and ours here on this campus, are aimed at insuring that we are aware of the signs and feel comfortable and empowered to reach out to someone at risk. The goal is that we create a safe and supportive culture that encourages members of our community to access help. It is important to know the signs, finds the words to ask, and reach out.



### The Signs:

If a person talks about:

- Being a burden to others
- Feeling trapped
- Experiencing unbearable pain
- Having no reason to live
- Killing themselves

### Specific things to look out for include:

- Increased use of alcohol or drugs
- Looking for a way to kill themselves, such as searching online for materials or means
- Acting recklessly
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression

### Mood

- Depression
- Loss of interest
- Anger
- Humiliation
- Anxiety



### Suicide Risk Factors

- Depression
  - Bipolar (manic-depressive) disorder
  - Schizophrenia
  - Borderline or antisocial personality disorder
  - Conduct disorder
  - Psychotic symptoms
  - Anxiety disorders
  - Substance abuse disorders
  - Serious or chronic health condition and/or pain
  - Stressful life events which may include a death, divorce, or job loss
  - Prolonged stress factors which may include harassment, bullying, relationship problems, and unemployment
  - Access to lethal means including firearms and drugs
  - Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide
  - Historical Factors
  - Previous suicide attempts
  - Family history of suicide attempts
- <https://afsp.org/about-suicide/risk-factors-and-warning-signs/>

## Wellness Events

### Suicide Prevention Resource Table

September 18<sup>th</sup>, Noon,  
Lobby Education Building:  
Members of the wellness team  
will be there to answer questions  
and engage in dialogue.

### Wellness Workshop

**Surfing the High Seas of Stress**  
Pilar Gonzalez-Doupe, Psy.D.  
Monday, September 23, 2019  
12:00-12:50 p.m.  
Education Building, Room 2205  
First 30 Students Receive Lunch

### Work Life and Wellness Events

<http://www.ucdavis.edu/hr/wellness/index.html>

### UC Living Fit Forever

[http://intranet.ucdavis.edu/clinops/resources/living\\_fit\\_forever.shtml](http://intranet.ucdavis.edu/clinops/resources/living_fit_forever.shtml)

### Wellness Canvas Site

Please take a look at the Wellness Canvas Site that contains helpful tools to support student well-being  
<https://canvas.ucdavis.edu/courses/288487>

### Farmers Market

Every Wednesdays 3-7pm  
Ed. Bldg. Outdoor Quad

# Wellness Tip: Find the Words and Reach out to Others

## Find the Words:

- Before starting a conversation with someone you are concerned about, be sure to have suicide crisis resources on hand.
- Ask directly, "Are you thinking of ending your life?" Don't ask in a way that indicates you want "No" for an answer like "You are not thinking of suicide are you?"
- "I hear how difficult things are for you. But have you always wanted to die? Maybe there is a chance you won't feel this way forever. I can help."

This PDF has helpful language-

<http://www.eachmindmatters.org/wp-content/uploads/2017/03/3.-Say-This-Not-That-Tip-Sheet.pdf>

Spanish Version:

<https://emmrsourcecenter.org/system/files/2018-04/Say%20This%20Not%20That%20Tip%20Sheet%20Spanish.pdf>

## Help the person access resources:

If you, or a fellow student, are experiencing a mental health crisis, there are several options for accessing support:

### How to schedule an appointment or access crisis support:

- ◆ Dr. Maggie Rea—Director of Student and Resident Wellness; mrea@ucdavis.edu, (916) 703-9355
- ◆ Student Health Counseling Services, Sacramento Campus; medschoolcounseling@ucdavis.edu
- ◆ Crisis Services:
  - Student Health (530) 752-2349
  - 911 or Suicide Prevention 1 800- 273-TALK (8255)
  - Crisis Text Line Text RELATE to 741741
  - Sutter Center for Psychiatry 24/7 - (916) 386-3620



## CRISIS TEXT LINE |

Text HELLO to 741741  
Free, 24/7, Confidential



## Monthly Recipe from the UC Davis Community

This month's recipe comes from Chris Itoh who is a third year student in the School of Medicine and also a wonderful chef. *It is inspiring that Chris balances out his school life with his passion for cooking.*

Chris was previously the guest chef for the American Clinical Science Investigator Food & Science Event in Chicago, 1st Place Winner of the Lee Kum Kee Innovative Cooking Competition, 2nd Place of the Boston Pickling Competition, and also directed the Healthy Bites Program, which aimed to teach patients at the Student Run Free Clinics how to cook. You can follow him on Instagram: @medstudent\_chef .

Take a moment to check out his amazing recipe for [Saffron Peach with Custard filled Pavlova, Mint Oil, and Vanilla Ice Cream .](#)



## Wellness App: Headspace



Headspace is your guide to health and happiness. It's the simple way to let go of stress and get a better night's rest. Learn to relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day. Plus, Sleep by Headspace helps you create the ideal conditions for a good night's rest.

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

Exciting news is that medical students who are members of the AMA can get full access to Headspace. Reports from students have been that the resources provided by the full access are excellent.

In addition, all students can access the App or \$9.99 per year versus \$95.88.

<https://www.ama-assn.org/ama-member-benefits/individual-member-benefits/health-wellness-discounts>

<https://www.headspace.com/studentplan>