



NATIONAL SUICIDE PREVENTION MONTH

The signs of a suicidal person may be subtle and understanding that silence is not strength can be your critical moment to help someone in need. The percentage of young adults seriously considering suicide **increased from 10.7% to 25.5%** since the beginning of the COVID-19 pandemic. Effective strategies for suicide prevention must address the strengths, circumstances, and challenges of the different phases of life.

Everyday, our counselors and social workers walk with those in need to **provide access to effective behavioral health care**. Offering effective behavioral health care reduces the risk and severity of illness, supports recovery, and will help strengthen strategies for coping with stress that a suicidal person could be battling.

[Aldea is offering a free training facilitated by Rachel Michaelson, LCSW.](#) You will learn strategies for identifying the signs of suicide risk, how to ask the right questions without fear and finding help for those in need. This is open to all community members.

**ZOOM: SEPTEMBER 15, 2022 at 4:00
PM**

DISCOVERING SELF-CARE OUTLETS THAT BRING YOU PEACE WILL CREATE RESILIENCE:

- Build Strong Social Support Networks (recognize when others do not

- have this)
- Maintain Good Physical Health
- Utilize Primary Care Services
- Access to **Effective Behavioral Health Care**
- Discover Meaning and Purpose in oneself
- Practice Self-care (should be treated as a necessity)
- Attitudes about Aging

[Sign up for Aldea's free training:](#)

[September 15, 2022 at 4:00 pm via ZOOM
Assessing, Addressing, and Preventing Suicide](#)

988 Is LIVE to Call or Text

The National Suicide Prevention Lifeline's number: 1-800-273-8255 will remain active, but calls will be routed to 988

"Currently, the majority of people experiencing a mental health emergency end up dialing 911. *The problem is that 911 wasn't set up to address mental health needs.* Either callers end up in a frenetic emergency room, waiting for hours and sometimes days to get care, or they end up interacting with law enforcement, which can lead to tragedy or trauma."



After years of preparation and advocacy, 988 is LIVE and accessible nationwide!



EXPERTS

in Mental Health

Free Mindful Trainings

LEAD BY ENGAGING AND EDUCATING

September 13, 2022 from 5:15 pm - 7:15 pm

[*Resource Parent Orientation to Aldea and the Child Welfare System*](#)

September 15, 2022 from 4:00 pm - 5:30 pm

[*Assessing, Addressing, and Preventing Suicide in System Involved Families and Youth in Foster Care*](#)

September 23, 2022 from 5:30 pm - 7:30 pm

[*Resource Family Pre-Approval Training \(Part 1\)*](#)

September 24, 2022 from 9:00 am - 5:00 pm

[*Resource Family Pre-Approval Training \(Part 2\)*](#)

Click on the training link above to register!

View [Full Training List](#)






- THERAPISTS
- CASE MANAGERS
- CLINICAL SUPERVISOR
- BILINGUAL THERAPISTS
- FACILITIES SUPERVISOR
- PROGRAM SUPERVISORS
- CLINICAL SOCIAL WORKER
- BHS PROGRAM SUPERVISORS
- PSYCHIATRIC NURSE PRACTITIONER
- BILINGUAL ADMINISTRATIVE ASSISTANT

bilingual stipend \ medical with employer-paid deductible \ dental \ vision \ 5% matching contribution retirement plan \ trauma informed agency \ 14 paid Holidays \ vacation up to 30 days per year \ & more!

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