

The week of September 8-12 is Suicide Prevention Week.

When school personnel, families, and communities take an active role in suicide prevention, lives can be saved.

The links below offer resources for students and families seeking support related to mental health and suicide prevention.

BY RECOGNIZING THE SIGNS, FINDING THE WORDS TO START A CONVERSATION, AND REACHING OUT TO LOCAL RESOURCES,
YOU HAVE THE POWER TO MAKE A DIFFERENCE.



**More Support for the
Childhood, Adolescent, and Young
Adulthood Phases**



24/7/365 Mental Health and Social Service Care
Coordination Service for **Virginia Beach City
Public Schools** Students, Staff, and their Families

PREVENTING YOUTH SUICIDE:

TIPS FOR PARENTS AND EDUCATORS

Suicide is preventable. Youth who are contemplating suicide frequently give warning signs. Do not be afraid to ask about suicidal thoughts. Never take warning signs lightly or promise to keep them secret.

KELLAM HIGH SCHOOL COUNSELING

Virginia Beach City Public Schools

Family Connection Series:

What is Mental Health?