

Dear Northgate Community:

Beginning of the year can be stressful for both the student and the families of NHS. The support counselors would like to provide current resources for both students and parents. Please contact us with any questions or needs.

Counseling Resources:

At school:

Northgate Support Counselors
Shannon Brueckner, MFT (Monday & Tuesdays)
Maren Dalgaard, MFT (Friday)
Room 60 (across from 63 in Art wing)
(925)938-3921 or (925)938-0900 ext. 3519

Anytime (24/7):

- Crisis & Suicide Support through the Contra Costa Crisis Center 1-800-SUICIDE
- US National Suicide Prevention Lifeline 1-800-273-TALK

Please take this time to talk to your children about suicide and suicide prevention. Some resources that can help with the conversations include:

- American Foundation for Suicide Prevention – <https://www.afsp.org>
- Suicide Awareness Voices of Education - www.save.org
- Society for the Prevention of Teen Suicide - <http://www.sptsusa.org/parents/>

Please familiarize yourself with warning signs of suicide and what to do if someone you know exhibits any.

Warning signs of suicidal ideations:

- Appearing depressed or sad most of the time. (Untreated depression is the number one cause for suicide.)
- Talking or writing about death or suicide.
- Withdrawing from family and friends.
- Feeling hopeless.
- Feeling helpless.
- Feeling strong anger or rage.
- Feeling trapped -- like there is no way out of a situation.
- Experiencing dramatic mood changes.
- Abusing drugs or alcohol.
- Exhibiting a change in personality.
- Acting impulsively.
- Losing interest in most activities.
- Experiencing a change in sleeping habits.
- Experiencing a change in eating habits.
- Losing interest in most activities.
- Performing poorly at work or in school.
- Giving away prized possessions.
- Writing a will.
- Feeling excessive guilt or shame.
- Acting recklessly.

It should be noted that some people who die by suicide do not show any suicide warning signs. If you or someone you know exhibits several of the suicide warning signs listed above, immediate action is required, so please take action. Always take suicide warning signs seriously.

What to do if someone you know exhibits warning signs of suicide:

- Do not leave the person alone
- Remove any firearms, alcohol, drugs or sharp objects that could be used in a suicide attempt
- Call the U.S. National Suicide Prevention Lifeline at 800-273-TALK (8255)
- Take the person to an emergency room or seek help from a medical or mental health professional

Sincerely,

Maren Dalgaard, MFT & Shannon Brueckner, MFT
Northgate Support Counselors