



JVHS Wellness Center

September



September is Suicide Prevention Month

At the Wellness Center, we want to raise awareness and discuss this highly stigmatized topic, particularly in our community. We use this month to spread hope and vital information to people affected by suicide. Our goal is to ensure that our students and community have access to the resources they need to discuss suicide prevention and to seek help.

Who is Impacted?

Annual prevalence of serious thoughts of suicide in high-risk populations:

- o U.S. Adults: 4.8%
- o Native Hawaiian/other Pacific Islander: 7.4%
- o Mixed/Multiracial: 8.2%
- o American Indian/Alaska Native: 8.5%
- o Young adults aged 18-25: 13%
- o High school students: 22%
- o LGBTQ youth: 41%
- The highest rates of suicide in the U.S. are among American Indian/Alaskan Natives, followed by non-Hispanic whites
- Lesbian, gay and bisexual youth are 4x more likely to attempt suicide than straight youth.
- Transgender adults are nearly 9x more likely to attempt suicide at some point in their life compared to the general population.
- Suicide is the leading cause of death for people held in local jails.

Data from CDC, NIMH and other select sources.


Suicide Prevention Awareness Month





If you or someone you know need help, contact NAMI HelpLine

**Mon. – Fri. from
10 a.m. – 10 p.m. ET**

 **Call:** 1-800-950-NAMI (6264)

 **Email:** helpline@nami.org

 **Text:** "HelpLine" to 62640

 **Chat:** nami.org/help

**If there is risk identified,
please see your school
counselor**

**If a student is already
connected to behavioral
health services, your
counselor will help you
get in contact with your
therapist**





Welcome Back

**Briana Beam
Behavioral Health Peer
Specialist**



Welcome to the Team

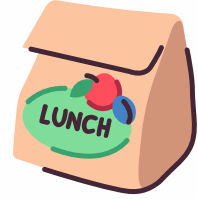


**Phillip Ramirez
Community
Schools Teacher
on Special
Assignment**





Wellness Wednesdays



Where: Wellness Center #E3

When: Every Wednesday beginning 09/06/2023 during lunch

What: An open space for students to come to hang out during lunch, relax, recharge with games, and connect with their peers while getting to know the Wellness Staff.

Wellness Center Activities:

jTEP: Parent Computer Courses

Start's 09/12/23

Every Tuesday & Thursday

10:00am - 12:00pm

to register [click here](#)

Seeking Safety Group

1st Session Begins 09/14/23

9:00am - 10:00am

to refer [click here](#)

Wellness Wednesdays

Every Wednesday

during lunch time

Drop-in basis



JVHS Wellness Center
951-360-2660

JVHS Wellness Center



Temporary Bad News

We do not have a zen-y den environment yet, as you can see, but once furnishing and decor come in to provide an environment that allows students to relax and chill, the Zen Den will be open! We can't wait to see the students all utilize it to self-regulate!

Wellness Center Referral Form



If a student needs someone to talk to, please fill out the wellness center interest form, and we will connect with services.

JUSD Virtual Wellness Center:

An online haven for staff, students, and families to discover a wealth of resources, tools, and support for their well-being.

Let us help you on your wellness journey. Together, we thrive!-

Brought to you by Daniela Luchembe

