

WEDNESDAY, SEPTEMBER 4, 2019

TODAY'S ACTIVITIES:

- **INTRODUCE SUICIDE AWARENESS MONTH**
 - This week you we will be introducing Suicide Awareness Month as follows:
 - September is National Suicide Prevention Awareness Month—a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services (NAMI organization).
 - In joining the cause, Helix staff and students will be wearing yellow ribbons as a sign of hope, caring, and prevention.
 - Please show video [Know the signs](#)
 - Go over signs: (zoom if needed)

KNOW THE SIGNS

Pain isn't always obvious, but most suicidal people show some signs that they are thinking about suicide. The signs may appear in conversations, through their actions, or in social media posts. If you observe one or more of these warning signs, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change, **stop in or speak up.**

CRITICAL TEENS THE SIGNS

- Loss of interest
- Neglect of personal appearance
- Sudden mood changes
- Physical pain
- Giving away belongings
- Substance abuse
- Riskless behavior
- Changes in sleep
- Withdrawal
- Personality change

Select a category

If any of these signs are present, call the National Suicide Prevention Lifeline at 1-800-273-8255.

- Talking about death or suicide
- Seeking methods for self harm, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason to live

SPREAD THE WORD

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- Please remember that your counselors, teachers, and the Wellness Center are great resources and are always here to help. In addition, your ID's have the National Suicide Prevention Lifeline number on the back of your ID's. You can also text the Crisis line by texting "Home" to "741-741".
- *Note to our advisory teachers:* If you notice a student struggling with the material being presented with this topic, please alert the GLT immediately.
- **TAKE THIS TIME TO CONNECT WITH YOUR STUDENTS**
 - We've had a few teachers request some extra time with their students (getting to know you, taking pictures, etc.). We are giving you time in advisory this week to spend time with your students as you would like. Have fun!

ANNOUNCEMENTS:

- **REMINDERS:**
 - NO SCHOOL on Monday 9/9/2019 due to a Staff Work Day
 - Follow us on Twitter: @Helix2023 & Instagram: HelixClassof 2023
- **UPCOMING EVENTS:**
 - The SAT and ACT Prep course starts this Wednesday, September 4th from 6-7:30 in Room 1300. Please bring your Chromebook
 - A former student, Julia Ryan will be presenting in the library tomorrow (9/5) at lunch. She is part of the Society of Women Engineers. All are welcome!
 - [Re]Visions Dance Performance directed by Erik James will be taking place this Friday and Saturday (9/9 and 9/7) at 7pm in the HCHS Main Stage Theater.
- **COMMUNITY SERVICE OPPORTUNITIES:**
 - The City of La Mesa's Youth Advisory Commission There will be several vacancies on the City of La Mesa's Youth Advisory Commission in September. Applicants must live within the city limits of La Mesa and be at least 13 years old,

but not more than 20 years old, at the time of appointment. Commission meetings are currently held on the second and fourth Monday of each month at 4:30 p.m. in the Community Center, 4975 Memorial Drive, La Mesa. The purpose of the Commission is to serve as an advisory body to the City Council on matters pertaining to programs, projects and issues that address the concerns of the youth in our community. It is also the Commission's responsibility to explore and develop activities that will promote positive youth relations in the City. Completed applications must be returned to the City Clerk's Office, La Mesa City Hall, 8130 Allison Avenue, no later than Friday, September 13th to be considered in the September 24th interview and appointment process.