

Advisory: Suicide Awareness Month

September 4, 2019

Dear Students,

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:

The infographic is titled "KNOW THE SIGNS" and is designed for teens. It features a central orange circle with the text "CRITICAL TEENS THE SIGNS". Surrounding this central circle are ten smaller circles, each containing a sign of suicidal behavior: "Loss of interest", "Neglect of personal appearance", "Sudden mood changes", "Physical pain", "Giving away belongings", "Substance abuse", "Riskless behavior", "Changes in sleep", "Withdrawn", and "Personality change". To the left of the central circle is a section titled "Select a category" with a red arrow pointing towards the central circle. Below this section is a list of warning signs: "If any of these signs are present, call the National Suicide Prevention Lifeline at 1-800-273-8255." and "Talking about death or suicide", "Seeking methods for self-harm, such as searching online or obtaining a gun", and "Talking about feeling hopeless or having no reason to live". The top of the infographic has a teal header with the "KNOW THE SIGNS" logo and a "GET HELP NOW" button. The bottom has a teal footer with the text "SPREAD THE WORD" and a row of social media icons.

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

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

Signs of suicidal behavior:

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- Withdrawn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

SPREAD THE WORD

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Please remember that your counselors, teachers, and 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".

Acknowledge: Listen to your friend, don't ignore threats.

Care: Let your friend know your care!

Tell a trusted adult that you are worried about your friend

Please remember your GLT, Teachers, and School Social Workers are here to help.

If time allows, please share the following Announcements

Announcements

- PSAT - SATURDAY, 10/19/19
 - Registration is **OPEN** for the PSAT at Helix on *Saturday, 10/19/19*.
 - The PSAT can be purchased for \$20 at the Finance Office/Dawg House until MONDAY, 9/16/19.
 - If you qualify for a **FEE WAIVER** please see Ms. Villegas or Ms. Markey to register.
 - **DO NOT GO TO THE FINANCE OFFICE/DAWG HOUSE TO REGISTER.**
 - To qualify for a fee waiver you must have APPLIED and QUALIFIED for FREE & REDUCED MEALS.
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- NO SCHOOL
 - Staff Development, there is no school on 9/9/19.
- LOCKERS
 - Both Preferred Top & Bottom Lockers are now available.
 - Lockers will **ONLY** be issued before school, at lunch & after school by Mrs. Carroll, the receptionist in the Administration Building.
 - Preferred Lockers are \$10 for the school year.
 - To purchase a Preferred Locker, see Mrs. Peterson in the Finance Office/Dawg House.

- To be issued your locker, you must bring the receipt from the purchase of the Preferred Locker.
 - There is NO COST for Bottom Lockers.
- APPLY NOW FOR FREE & REDUCED MEALS
 - Apply for free and reduced price meals today at <https://onlinemealapps.guhsd.net/> or see your Grade Level Team for an application.
 - Get your application in early to avoid processing delay.
 - Benefits of qualifying include:
 - Breakfast & Lunch in the Cafeteria
 - Fee Waivers for AP Tests
 - Fee Waivers for ACT/SAT Tests
 - Fee Waivers for College Applications
- SAT/ACT PREP COURSE
 - Starts TODAY, Wednesday, 9/4/19 from 6pm-7:30pm in Room 1300. Please bring your chromebook!
- SOCIETY OF WOMAN ENGINEERS
 - Former Helix student, Julia Ryan will be at Helix on Thursday, 9/5/19 @ Lunch in the Library.
 - She is part of the Society of Woman Engineers & will be discussing her involvement.
- COMMUNITY SERVICE OPPORTUNITIES
 - SURVIVORS OF SUICIDE LOSS WALK IN REMEMBRANCE OF HOPE
 - Sunday, 9/8/19 from 6am-12pm
 - If interested in volunteering please email michele@soslsd.org
 - In your email please include your name & email address
 - LA MESA YOUTH ADVISORY COMMISSION
 - There will be several vacancies on the City of La Mesa's Youth Advisory Commission in September 2019.
 - 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.
 - 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 13, 2019 to be considered in the September 24th interview and appointment process.

- If you have any questions about the Commission, please call Josh Gomez, Recreation Supervisor and Staff Liaison to the Commission at 619.667.1307 or me at 619.667.1120. Thank you for your assistance.

ATHLETIC EVENTS

- BOYS SAND VOLLEYBALL

- *Varsity* - Thursday, 9/5/19 @ Coronado High School @ TBD

- BOYS WATER POLO

- *Varsity*

- Thursday, 9/5/19 @ Helix Invitational TBD
- Thursday, 9/5/19 @ Helix Invitational vs Fallbrook High School @ 4:50pm
- Friday, 9/6/19 @ Helix Invitational TBD
- Saturday, 9/7/19 @ Helix Invitational TBD
- Saturday, 9/7/19 @ Helix Invitational TBD

- GIRLS FIELD HOCKEY

- *JV* - Wednesday, 9/4/19 @ Hilltop High School @ 3:00pm
- *Varsity* - Wednesday, 9/4/19 @ Hilltop High School @ 4:15pm

- GIRLS GOLF

- *Varsity* - Thursday, 9/5/19 vs Patrick Henry High School @ 3:30pm

- GIRLS TENNIS

- *Varsity* - Thursday, 9/5/19 @ Monte Vista High School @ 4:00pm

- GIRLS VOLLEYBALL

- *Frosh* - Thursday, 9/5/19 @ Mission Bay High School @ 4:00pm
- *JV* - Thursday, 9/5/19 @ Mission Bay High School @ 4:00pm
- *Varsity* - Thursday, 9/5/19 @ Mission Bay High School @ 5:00pm