



SAN JOAQUIN
— COUNTY —
Greatness grows here.

For Immediate Release

September 4, 2024

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**San Joaquin County Behavioral Health Services
Shares Suicide Prevention Resources During Suicide Prevention Week**
World Suicide Prevention Day is September 10

Stockton, CA - As Suicide Prevention Week (September 8 – 14) and World Suicide Prevention Day (September 10) are approaching, San Joaquin County Behavioral Health Services (BHS) reminds San Joaquin County residents about mental health resources and service providers.

“Suicide continues to be an urgent public health issue and is the third leading cause of death for people ages 15-29,” said Genevieve Valentine, Director of San Joaquin County Behavioral Health Services. “BHS wants to remind anyone who is struggling with their mental health, that they are not alone and there are many resources available.”

Valentine noted that common suicide warning signs include: talking about suicide or wanting to die; looking for a way to end life; feeling hopeless or trapped; giving away possessions; putting affairs in order; reckless or dangerous behavior; increased drug or alcohol use; and changes in sleep patterns, among others.

If you or someone you know is feeling hopeless or suicidal, or is in need of behavioral health services, contact the following resources 24-hours a day, seven days a week:

- BHS 24-Hour Crisis Line 209-468-8686
- BHS Consumer Supported Warm Line 209-468-3585
- BHS Access Line 209-468-9370
(The Access Line provides targeted resources, assessments, and screenings)
- National Suicide Prevention Lifeline 988
- The Trevor Project 866-488-7386 or Text
“START” to 678678
(LGBTW national crisis intervention and suicide prevention for those 25 years and younger.)

Suicide Prevention Month and World Suicide Day unites communities internationally to spread awareness about the signs of suicide and supports for prevention. It serves as a powerful reminder that there are steps we can all take to look out for family, friends, neighbors, those in our community and others who have been impacted by suicide. If you or someone you know is hurting, please take advantage of the many resources the County has available to help people in distress.”

For more information on suicide prevention efforts underway in California visit:
<http://www.eachmindmatters.org> or <http://www.suicideispreventable.org/>.

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