

HEALTH GREENVILLE RANCHERIA

Suicide Awareness

Suicide is a serious public health problem that can have lasting harmful effects on individuals, families, and communities. While its causes are complex and determined by multiple factors, the goal of suicide prevention is simple: Reduce factors that increase risk (i.e. risk factors) and increase factors that promote resilience (i.e. protective factors). Ideally, prevention addresses all levels of influence: individual, relationship, community, and societal. Effective prevention strategies are needed to promote awareness of suicide and encourage a commitment to social change. www.cdc.gov/violenceprevention/suicide.

Over 40,000 people die by suicide each year in the United States; it is the 10th leading cause of death overall. Suicide is complicated and tragic but it is often preventable. Knowing the warning signs for suicide and how to get help can help save lives. Race and ethnicity also affect suicide rates. Native Americans and Alaskan Natives have the highest suicide rates: as many as 12 people out of every 100,000-commit suicide. African Americans and Hispanics have the lowest suicide rates; approximately 5 people out of every 100,000-commit suicide.

“Opioid Overdose Deaths Soaring Among Native Americans” Article by E.J. Mundell found steep increases in opioid overdose death rates among

Native Americans. Young males ages 25-54 were hit hardest. In fact, young Native American men had more than double the odds of dying of an opioid overdose than their similarly aged white peers, the study showed.

WHAT ARE THE WARNING SIGNS?

These are the warning signs, according to the National Suicide Prevention Lifeline:

- Sleeping too much or too little
- Acting anxious or upset
- Showing rage
- Withdrawing or isolating
- Extreme mood swings
- Behaving recklessly
- Increasing use of drugs and/or alcohol
- Talking about seeking revenge
- Talking about feeling hopeless, trapped, or a burden to others
- Looking for a way to kill themselves (for example, buying a gun)
- Talking about suicide or wanting to die

If you notice any of these signs with yourself or a loved one, seek help immediately.

HOW TO GET HELP

There are many ways to get help for you or for a loved one. For immediate help, call the National Suicide Prevention Lifeline (1-800-273-8255) or text the Crisis Text Line at 741741 to connect with a trained crisis counselor. Do not put yourself in danger. If at any time during the process you are concerned about your own safety, or that the person may harm others, call 9-1-1.

Never negotiate with a person who has a gun. Call 9-1-1 and leave the area. If the person has done harm to him or herself in any way, call 9-1-1.

The Greenville Rancheria Tribal Health Program is focused on prevention and awareness, by promoting good mental health in our community. Suicide can be prevented, help raise awareness.



HEALTH PROGRAMS

FAMILY PRACTICE

PEDIATRICS

MEDICAL FACILITIES

DENTAL FACILITIES

MEDICAL TRANSPORT WITHIN PLUMAS

AND TEHAMA COUNTIES

COMMUNITY HEALTH REPRESENTATIVES

INDIAN CHILD WELFARE WORKER

DIABETES SERVICES

MENTAL HEALTH SERVICES

DRUG, ALCOHOL AND FAMILY COUNSELOR

8 SUB-SPECIALTIES:

WOMEN'S HEALTH, INTERNAL MEDICINE,

ORTHOPEDICS, PHYSICAL THERAPY,

PSYCHIATRY, CARDIOLOGY,

PULMONOLOGY AND PAIN MANAGEMENT

Se Habla Espanol

PARTICIPATING IN
COVERED CALIFORNIA
AND MEDI-CAL
MANAGED CARE

AS A COURTESY, WE
WILL BILL MOST INSURANCES

NATIVES
AND NON-NATIVES

Open for Walk-ins. 8am – 5pm.
Medical every Saturday, 8am - 5pm and
Dental every Saturday, 8am - 4:30pm

Transportation available for
established patients.

RED BLUFF *TRIBAL HEALTH CENTER 1425 MONTGOMERY ROAD 528-8600 - DENTAL CLINIC 343 OAK STREET 528-3488

GREENVILLE* MEDICAL CLINIC 284-6135 – DENTAL CLINIC 284-7045 410 MAIN STREET