



SEPTEMBER: SUICIDE AWARENESS MONTH

**WORLD SUICIDE PREVENTION DAY IS
SEPTEMBER 10. IT'S A TIME TO REMEMBER
THOSE AFFECTED BY SUICIDE, TO RAISE
AWARENESS, AND TO FOCUS EFFORTS ON
DIRECTING TREATMENT TO THOSE WHO NEED
IT MOST.**



Know the Warning Signs

- **Talking about wanting to die or to kill themselves**
- **Looking for a way to kill themselves, like searching online or buying a gun**
- **Talking about feeling hopeless or having no reason to live**
- **Talking about feeling trapped or in unbearable pain**
- **Talking about being a burden to others**
- **Increasing the use of alcohol or drugs**
- **Acting anxious or agitated; behaving recklessly**
- **Sleeping too little or too much**
- **Withdrawing or isolating themselves**
- **Showing rage or talking about seeking revenge**
- **Extreme mood swings**

AHS Counseling Connection
Counselor Outreach Meeting:

When: September 14, 2021

Where: AHS Auditorium

Time: 6:00pm-7:00pm

Topic: Suicide Awareness

MENTAL HEALTH AND BEHAVIORAL TEAM

contact: 979-997-7960

available Monday-Friday 8-3:30pm

Elementary team members:

-Francis Martinez, LMSW

(serves: WS, Frontier, Central)

-Doneisha Perkins, MSW

(serves: RI, NS, SS)

-Jacqueline Higgins, LPC

(serves: all elementary campuses)

Junior High team members:

-Jocelyn Salinas, LBSW

-Vanessa Shippard, MSW*

-Tecarro Bowie-Cruz, Caseworker

-Christina Cortinas, LPC*

*also serves high school

High School team member:

-Gwendolyn Franks-Carter, LCSW