

EMERGENCY PHONE LOCATIONS



See back of map for information on box and ext. numbers.

- Emergency Phones
- ◆ Pay Phones
- ★ Talk a Phones

CAMPUS MAP - SAN MARCOS

MAIN CAMPUS EMERGENCY PHONE EXTENSIONS

These phones/extensions go directly to Campus Police - 2289

Building Location	Box #	Extension
MD	10	4910
T - NORTH	11	4911
T - SOUTH	12	4911
IT	13	4912
N	14	4914
C	15	4919
DOME	16	4918
J	17	4923
POOL	18	4920
NB	19	4922
ADMIN	20	4917
SU	21	4916
THEATRE	22	4915
P	23	4921
CHILD CARE	25	4925

Palomar College Information Services Pay Telephone Numbers

Number	Building	Location
(760) 471-8482	SU	Student Union
(760) 471-8436	G	Dome
(760) 471-7561	SSC	Student Services Center South
(760) 471-8449	A	Administration
(760) 471-8446	D	Art/Performing Arts Offices
(760) 471-7591	DSPS	Disabled Resource Center
(760) 471-8293	LL	Library

FACILITIES PROTOCOL

FIRE PANEL ADVISORY

ALARM

THE FIRE PANEL IS
NOT SHOWING
ALARM

TROUBLE

SUPERVISORY

Note:

TROUBLE: Facilities Office contacts
PCCD Electricians or HVAC whichever is
required.

SUPERVISORY: Facilities Office
contacts Siemens if service is needed for
equipment malfunction

ACKNOWLEDGE, SILENCE & RESET PANEL ADVISORY
NOTIFY FACILITIES OFFICE SO APPROPRIATE
FOLLOW-UP ACTION CAN BE TAKEN

1. FACILITIES OFFICE
ACKNOWLEDGES DISPATCH
PERSONNEL TO INVESTIGATE
SOURCE OF ALARM

2. EVACUATE BUILDING DIRECT
STUDENTS/STAFF/FACULTY
TO PROPER EVACUATION
ZONE

3. NO THERE IS NOT A
FIRE/EMERGENCY

4. FACILITIES/EH&S
DETERMINES CAUSE OF
ALARM, MITIGATE & CLEAR
BUILDING FOR
RE-OCCUPANCY

SILENCE & RESET
ALARM

2. EVACUATE BUILDING DIRECT
STUDENTS/STAFF/FACULTY TO
PROPER EVACUATION ZONE

3. YES THERE IS A
FIRE/EMERGENCY

4. NOTIFY PCPD – 2289
or (760) 891-7273
NOTIFY SMFD – 911
*PCPD CONTACTS

5. PREPARE TO HAND OFF INCIDENT
CONTROL TO RESPONDING AGENCY

6. AGENCY WILL DETERMINE CAUSE
OF ALARM & DTERMINE WHEN
CLEAR FOR RE-OCCUPANCY

Note:

In the event of an ALARM - Facilities Office Coordinator/Staff
Assistant will make the notifications below:

- Vice President -Ron Perez x2109
- Director, Public Affairs -Laura Gropen x2152
- Campus police x2289
- Instruction Office x2246

PCPD PROTOCOL

FIRE PANEL ADVISORY

ALARM

THE FIRE PANEL IS
NOT SHOWING
ALARM

TROUBLE

SUPERVISORY

1. CAMPUS POLICE (PCPD)
ACKNOWLEDGES ALARM,
DISPATCH PCPD OFFICERS/CSO'S
TO INVESTIGATE, AND
COORDINATE W/FACILITIES

3. PCPD & FACILITIES WILL
COORDINATE EVACUATION
OF BUILDING(S) – NOTIFYING
PCPD DISPATCH OF AREAS
CLEARED

2. PCPD & FACILITIES WILL
SECURE ELEVATORS. –
NOTIFYING PCPD DISPATCH
AS ELEVATORS ARE CLEARED

3. NO THERE IS NOT A
FIRE/EMERGENCY

4. FACILITIES/EH&S WILL DETERMINE
CAUSE OF ALARM & CLEAR THE
BUILDING FOR RE-OCCUPANCY

PCPD WILL STANDBY DURING RE-
OCCUPANCY

2. PCPD & FACILITIES WILL
COORDINATE EVACUATION OF
BUILDING(S) – NOTIFYING PCPD
DISPATCH OF AREAS CLEARED

PCPD & FACILITIES WILL
SECURE ELEVATORS. –
NOTIFYING PCPD DISPATCH AS
ELEVATORS ARE CLEARED

3. CONFIRMATION OF
FIRE/EMERGENCY

4. NOTIFY PCPD – 2289
or (760) 891-7273
NOTIFY SMFD – 911
*PCPD CONTACTS
SMFD IF REQUIRED

5. PCPD & FACILITIES PREPARE TO HAND OFF
INCIDENT CONTROL TO SMFD
PCPD TO ESCORT SMFD TO SITE
PCPD MAINTAINS PERIMETER UNTIL CLEAR

6. SMFD WILL ADDRESS THE FIRE,
DETERMINE CAUSE, & CLEAR THE
BUILDING FOR RE-OCCUPANCY

PCPD WILL STANDBY DURING RE-
OCCUPANCY

Note:

If not during facilities working hours,
PCPD dispatch will contact SMFD, and
notify Facilities via callout list.

ACKNOWLEDGE, SILENCE & RESET PANEL ADVISORY
NOTIFY FACILITIES OFFICE SO APPROPRIATE
FOLLOW-UP ACTION CAN BE TAKEN

SILENCE & RESET
ALARM

Note:

In the event of an ALARM - Facilities Office
Coordinator/Staff Assistant will make the notifications
below:

- Vice President -Ron Perez x2109
- Director, Public Affairs -Laura Gropen x2152
- Campus police x2289
- Instruction Office x2246

PCCD NOTIFICATION REQUIREMENTS**NOTIFICATION REQUIREMENTS****NOTES:**

- 1) Immediate notification is typically accomplished via telephone, and or e-mail.
- 2) Refer to specified regulation or incident section for the specific information required to be reported & documented.

Item #	RELEASE TYPE	INCIDENT INVOLVES:	REG:	NOTIFY:	VERBAL:	WRITTEN:
1	Hazardous Materials	Any release or threatened release of a hazardous material that poses significant present or potential hazard to human health & safety, property, or the environment.	19CCR2703; 19CCR2705; H&SC 25507; 42USC11004	Cal EMA & the CUPA, Superintendent/President, Asst. Superintendent/VP of Finance & Administrative Services, Supervising VP, Director of Public Affairs, PCPD, SMFD & agency w/traffic jurisdiction (i.e. California Highway Patrol (CHP), police, sheriff)	Immediately, upon discovery.	Within 30 days submit a written "Emergency Release Follow-up Notice Reporting Form" to Chemical Emergency Planning & Response Commission (CEPRC). (19CCR2705)
2	Hazardous Material	Hazardous Materials Transportation-related spill incidents involving a DOT Reportable Hazardous Material	40CFR263.30(c); 49CFR171.15; 49CFR171.16; CVC23112.5 13CCR 1166	NRC, Cal EMA, the CUPA (See Item # 1 for additional required notifications)	Immediately, upon discovery, but in no case later than 12 hours after the incident.	Hazardous Materials Incident Report (DOT Form F 5800.1) – Within 30 days to NRC 40CFR263.30(c) & 49CFR171.16 If release onto highway (including streets): Hazardous Materials Incident Report (DOT Form F 5800.1) – Within 30 days to CHP (13CCR 1166)
3	Hazardous Material	Hazardous Materials Transportation-related spill incidents involving a Non-Reportable Hazardous Materials – Release of hazardous material into highway (including streets).	CVC23112.5	(Same as Item #1)	Immediately, upon discovery.	
4	Hazardous Substance	Release of a Reportable Quantity (RQ) of any Extremely Hazardous Substance (EHS) or of a hazardous substance as defined by the CERCLA within any 24 hour period.	40CFR355 Subpart c; 42USC103 (CERCLA)	Local Emergency Planning Committee (LERPC), State Emergency Planning Committee (SERC), NRC, Cal EMA, & the CUPA (See Item # 1 for additional required notifications)	Immediately, upon discovery.	Written follow-up Emergency Notification.
5	Hazardous Substance	Any hazardous substance discharge in or on any waters of the state, or discharged or deposited where it is, or probably will be discharged in or on any waters of the state.	CWC13271; H&CS5411; H&CS5411.5	NRC, Cal EMA, Department of Fish & Game(Office of Spill Prevention & Response), RWQCB, Local Health Officer or the Director of Environmental Health & the CUPA	Immediately, upon discovery.	
6	Hazardous Waste	Release, fire or explosion involving a hazardous waste (including hazardous substances) which could threaten human health, or the environment, onsite, & or outside the facility & evacuation of local areas may be advisable.	22CCR66264.56; 22CCR66265.56	Department of Toxic Substances Control (DTSC) Cal EMA & the CUPA	Immediately, upon discovery.	Within 15 days to the DTSC. (22CCR66264.56 & 22CCR66265.56)
7	Hazardous Waste	Discharge of waste (including hazardous substances), or proposing to discharge within any region that could affect the quality of waters of the state other than into a community sewer system.	CWC13260; CWC13271	Cal EMA, RWQCB and the CUPA	Immediately, upon discovery.	Waste discharge report to the RWQCB.

PCCD NOTIFICATION REQUIREMENTS**NOTIFICATION REQUIREMENTS**

Item #	RELEASE TYPE	INCIDENT INVOLVES:	REG:	NOTIFY:	VERBAL:	WRITTEN:
8	Storm Water	General Permit for discharges of Storm Water associated with construction permit violations.	40CFR122.41; 40CFR122.42 Order 2009-0009-DWQ (General Construction Permit)	State Water Resources Control Board	Immediately, upon discovery but no later than 24 hours of discovery.	Violation to be included within PCCD General Construction Permit Annual Report.

FIRE INCIDENTS, BOMB THREAT, ACTIVE SHOOTER, EARTHQUAKE & REPORTING MEDICAL INJURY REQUIREMENTS

ITEM #	DESCRIPTION	INCIDENT INVOLVED:	NOTIFY:	VERBAL:	WRITTEN:
1	Fire Safety, Earthquake or Hostile Environment	Activation of fire alarms – False or Actual fire events; Hostile Environment: (Active Shooter or Bomb Threat); Earthquake	Superintendent/President, Asst. Superintendent/Vice President of Finance & Administrative Services, Supervising VP, Public Affairs Office, Campus Police & Facilities Office	Immediately, upon discovery but no later than 1 minute of discovery. Verbal notice via text alert or phone system.	Within 72 hours submit a written “Incident/Release Assessment Form” & “PCCD Notification Form” to EH&S for record keeping. (See Attachments 1&2)
2	Medical Injury	Work related, medical, slip, trips & fall incidents occurring while on the PCCD campus	Immediate Supervisor, EH&S, Campus Police and Health Services (911 in cases of emergencies).	Within eight (8) hrs after the death of any employee from a work-related incident or hospitalization of 3 or more employees as a result of a work-related incident, (OSHA) 29CFR Parts 1904;1952	Within 30 days submit a written Medical Injury Report Form to EH&S. “Incident/Release Assessment Form” & “PCCD Notification Form” to EH&S for record keeping. (See Attachments 1&2)

Key:**REPORTABLE HAZARDOUS MATERIALS**

- An unintentional release of a hazardous material during transportation (including loading & temporary storage related to transportation);
- A hazardous waste is released;
- A specification cargo tank 1,000 gallons or greater containing any hazardous materials.

CONDITIONS

- A person is killed;
- A person receives an injury that requires admittance to a hospital;
- The general public is evacuated for 1 hour or more;
- One or more major transportation arteries or facilities are closed for 1 hour or more; and or
- There is a release of a marine pollutant in a quantity exceeding 450 liters (119 gallons) for liquids or 400 kilograms (882 pounds) for solids;
- In campus emergency situations, follow the PCCD Emergency Procedures Guide located in all campus building rooms & PCCD EH&S web portal.

PCCD AGENCY NOTIFICATION REQUIREMENTS

INCIDENT/RELEASE ASSESSMENT FORM**If you have an emergency, call 911**

The following is a tool to be used for assessing incidents, and or medical injuries at PCCD. Additionally, a PCCD notification form is provided to document all incidents pertaining to PCCD.

Questions for Incident Assessment:

	YES	NO
1. Was anyone killed or injured, or did they require medical care or admitted to a hospital for observation?	☐	☐
2. Did anyone, other than employees/students in the immediate area of the incident, evacuate?	☐	☐
3. Did incident cause damage to any building structures, equipment and or public/private party?	☐	☐
4. Was the incident a condition creating a substantial probability of harm that requires immediate action to prevent, reduce, or mitigate damages to persons, property, or the environment?	☐	☐
5. Is there an increased potential for secondary effects including fire, explosion, line rupture, equipment failure, or other outcomes that may endanger or cause exposure to employees, the general public, or the environment?	☐	☐
6. Did control, containment, decontamination, and/or clean-up require the assistance of federal, state, county, or municipal response elements?	☐	☐
7. Did the incident cause an activation of the PCCD Emergency Operation Center(s)?	☐	☐
8. Was the injury caused by (a condition due to poor lighting, trip hazard, bump hazard, air born hazard resulting in respiratory complications, and or eye problems)?	☐	☐

If the answer is YES to any of the above questions – refer to Notification/Fire Incidents & Reporting Medical Injury Requirements, complete the PCCD notification form and keep it readily available. Documenting why a “YES” response was made to each question will serve useful in the event questions are asked in the future, and to justify why reporting to an outside regulatory agency was required.

If all answers are NO, complete the PCCD notification form and keep it readily available. Documenting why a “no” response was made to each question will serve useful in the event questions are asked in the future, and to justify not reporting to an outside regulatory agency.

Contact Numbers:

- California Emergency Management Agency (Cal EMA): (800) 852 – 7550
- Department Of Environmental Health (DEH), California Unified Program Agencies (local CUPA administering agency): daytime: (858) 505-6657; after hours: (858) 505-6657/6673 to record a message
- National Response Center (NRC): (800) 424-8802 [NOTE: Use this number for Department of transportation also]
- California Regional Water Quality Control Board/San Diego, Regional Administrator: (858) 467-2952
- Environmental Protection Agency: (415) 227-9500 or (800) 300-2193, Duty Officer, option #3
- Occupational Safety & Health Administration (OSHA): (800) 321-6742
- California Highway Patrol: 911
- Fish & Game: (916) 445-0045 (24 hour line/Sacramento)
- San Diego Gas & Electric (SDG&E) Emergency Notice System: (888) 555-3449 [if SDG&E equipment is involved]
- Department of Toxic Substances Control (DTSC): (800) 728-6942
- Local Emergency Planning Committee (LEPC): (858) 505-6693
- Superintendent/President, Robert Deegan: (760) 744-1150 x2106
- Assistant Superintendent/Vice President of Finance & Administrative Services, Ron Perez: (760) 744-1150 x2109
- Public Affairs Office (PAO), Laura Gropen: (760) 744-1150 x2152
- Palomar College Police Department (PCPD): (760) 891-7273 or (760) 744-7753 x2289
- Supervisor, Environmental, Health & Safety (EH&S), Derrick Johnson: (760) 744-1150 x3677

Call 911 in an emergency

PCCD AGENCY NOTIFICATION REQUIREMENTS

INCIDENT/RELEASE ASSESSMENT FORM continued**REPORTABLE / NON REPORTABLE ASSESSMENT FORM****1. INCIDENT/RELEASE AND RESPONSE DISCRIPTION**

Incident # _____

Date/Time Discovered	Date/Time Reported	Incident/Release Stopped ☐ Yes ☐ No
Incident Business / Site Name:		
Incident Address:		
Other Locators (Bldg, Room, Athletic Field, Parking Lot)		
Please describe the incident/medical injury and indicate specific causes and area affected.		Photos Attached?: ☐ Yes ☐ No
Indicate actions to be taken to prevent similar incidents/releases from occurring.		

2. ADMINISTRATIVE INFORMATION

Administrator or Supervisor in charge at the time of incident:	Phone:
Contact Person involved in the incident:	Phone:

3. CHEMICAL/FIRE/MEDICAL INFORMATION

Chemical	Quantity ☐ GAL ☐ LBS ☐ FT ₃
Fire/Active Shooter/Bomb Threat/Earthquake	Evacuation ☐ Yes ☐ No
Medical	Hospital Admittance ☐ Yes ☐ No
Clean-Up/Fire/Medical Procedures & Timeline:	
Completed By:	Phone:
Print Name:	Title:

PCCD AGENCY NOTIFICATION REQUIREMENTS

PCCD NOTIFICATION FORM**NOTIFICATION LOG:** (include Date, Time & Contact Name)***Internal:**

PCPD _____

Superintendent/President _____

Asst. Superintendent/Vice President of Finance & Administrative Services, Supervising VP or designee _____

Public Affairs Office (PAO) _____

Facilities Office _____

EH&S _____

Bldg. Dean _____

Health Services _____

Instruction Office _____

****External:**

SMFD _____

S.D. Dept. Environmental Health (CUPA) _____

Cal EMA (Emergency Management Agency) (SERC) _____

N.R.C. (National Response Center) _____

U.S. EPA Region 9 _____

Cal. Regional Water Quality Control Board _____

Fish & Game _____

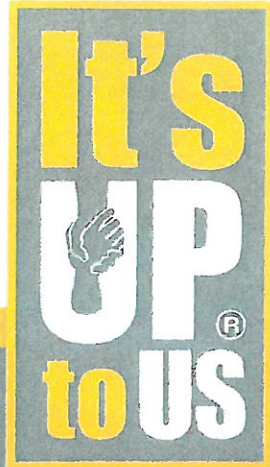
San Diego LEPC: _____

DTSC: _____

SDG&E _____

California Highway Patrol _____

Occupational Safety & Health Administration (OSHA) _____



It's Up To Us[®]

to Create a Healthy & Supportive San Diego

A special bulletin covering mental health topics for San Diegans.



Edition Thirteen | Fall 2013

About the Campaign

The "It's Up to Us" campaign is designed to empower San Diegans to talk openly about mental illness, recognize symptoms, utilize local resources and seek help. By raising awareness and providing access to local resources, we aim to inspire wellness, reduce stigma and prevent suicide.

Recovery is possible and help is available. It's Up to Us to make a difference in the lives of San Diegans experiencing mental health challenges by offering support and providing opportunities.

This campaign is developed through the County of San Diego Health and Human Services Agency, and supports the County's "Live Well, San Diego!" plan to promote a community that is healthy, safe and thriving.

Up2SD.org[®]
LINK UP FOR INFORMATION AND MENTAL HEALTH RESOURCES

Access & Crisis Line
(888) 724-7240

.....
COMMUNITY RESOURCES
2-1-1

COUNTY OF SAN DIEGO



HHSA

HEALTH AND HUMAN SERVICES AGENCY
Funded by the Mental Health Services Act

Read Up: Know the Signs, Find the Words and Reach Out!

Even when surrounded by friends and family, someone experiencing emotional pain or suicidal thoughts can often feel isolated. Recognizing the warning signs is the first step in reaching out to someone you are concerned about. If you sense something is wrong, trust your instincts and respond. By knowing what to look for you can find the words to offer support and reach out to available resources.



Know the Signs

The warning signs for suicide—withdrawal, depression and hopelessness—are there, but not always obvious. It's up to us to learn the warning signs and offer support to someone we care about.



Find the Words

"Are you thinking of ending your life?"

Few phrases are as difficult to say to a loved one. But when it comes to suicide prevention, none are more important. The website suicideispreventable.org provides suggestions on how to find the words to start the conversation with someone you are concerned about.



Reach Out

There are many resources in our community available to assess, treat and intervene:

**San Diego Access
and Crisis Line:**
(888) 724-7240

**Yellow Ribbon Suicide
Prevention Program**
(for youth):
(760) 635-5904
www.YellowRibbonSD.org

Survivors of Suicide Loss:
(619) 482-0297
www.soslsd.org

A new report provided by the Centers for Disease Control and Prevention shows a significant rise in suicide rates among middle-aged adults ages 50 to 64. The suicide rate in this age group increased 45% between 1999 and 2010, with significantly higher increases for men in their 50s (a 48% rise) and women 60 to 64 (a 60% rise).

Source: www.cdc.gov

Listen Up: Amanda's Story

Struggling with hardships such as abuse, stigma and discrimination, homelessness, or traumatic memories can be difficult. But life can get better. Connecting with the right people, finding inner strength and tapping into local programs can make all the difference. Visit Up2SD.org to view personal story movies created by San Diegans to inspire, offer hope and challenge stereotypes.



The day before our first wedding anniversary my husband ended his life. My life was shattered. My son was what kept me going; being a mother kept me alive. But I suffered from a deep

depression and spent many years struggling to provide the very best I could for my son.

By the time my son turned 20 I had been depressed, sad and angry for a long time. Feeling resentful and lonely with feelings of abandonment, I was starting to lose hope for life and it was a struggle to live. I had thought about ending my life for a long time but this time I made a plan to do it. But I had made a promise to a counselor that I would let him know if I wanted to end my life. I had already taken the pills but I remembered this promise and I called him and he connected me to help.

Unfortunately I continued to be in denial and didn't trust psychiatric help offered to me. I had a nervous breakdown, ended up losing my job and eventually became homeless.

And that is when I called the San Diego County Access and Crisis Line and really accepted that I needed help and that I couldn't do it alone. With the incredible mental health services I received from the County of San Diego I got better, and to this day I continue to work on my recovery on a daily basis. I am now dedicated to helping others. If I had not gone through any of these experiences, I couldn't share this with others who are hopeless, and to share that there is hope and help.

- Amanda

For information about suicide prevention and local resources, visit: Up2SD.org.

Shine a Light On... Panic Disorder



Our brains are wired to recognize fear and experience anxiety when we are frightened. But for some people a feeling of intense fear and anxiety appears suddenly, without warning or provocation, and this feeling can last a few minutes or longer than

half an hour. Such an experience is known as a panic attack. People who experience panic attacks become overwhelmed by sudden fear and panic for their lives. Experiencing two or more panic attacks in a month with constant worry about future attacks is known as panic disorder. Panic disorder has affected over 2.4 million Americans and can have a debilitating effect on one's emotional and psychological health. Panic disorder is, however, treatable and certain signs and symptoms can help individuals recognize and distinguish a panic attack from a heart attack or other sudden events. The National Institute of Mental Health (NIH) lists the following common signs and symptoms of panic disorder:

- Intense anxiety between panic attacks
- A feeling of being out of control
- An intense worry about when the next attack will happen
- A fear or avoidance of places where panic attacks have occurred in the past
- Physical symptoms during an attack, such as pounding or racing heart, sweating, breathing problems, weakness or dizziness, feeling hot or a cold chill, tingly or numb hands, chest pain or stomach pain

For more information about symptoms, treatment options and local resources visit www.nami.org.

Check on an Older Adult in Your Life!

"I'm fine" and "Nothing I can't take care of myself." Do these sound like familiar responses when you ask an older person how he or she is doing? Often we associate certain behaviors with the normal process of aging, but increased irritability, isolation or resistance to help may be signs of deeper problems.

Warning signs of suicidal thinking among older adults include:

- Depression
- Hopelessness
- Failure to take care of oneself
- Preoccupied with death
- Withdrawal
- Neglecting medical advice
- Looking for means of self-harm
- Parting with friends or belongings
- Changes in sleep

If you are concerned about an older adult in your life, take the time to check in to ensure that person is emotionally well. Local resources in the San Diego area include:

Aging and Independence Services (AIS) Senior Mental Health Team: (800) 510-2020.

The Senior Mental Health team includes mental health clinicians who provide crisis assessments and assistance for persons age 60 and older with mental health issues. Operators are also available to talk to a concerned adult and provide information and/or referrals.



Growing Up: Helping Children Make Sense of a Parent's Mental Illness

Explaining mental illness to a child can be a challenging task for any parent living with mental illness. But it's important to talk openly with children so they can make better sense of what the parent is going through and interpret certain behaviors they observe. Studies suggest that children who do not understand their parent's mental illness will often internalize feelings of anger, guilt, anxiety and isolation as a way of coping with their daily experiences. The American Academy of Child and Adolescent Psychiatry (AACAP) suggests it may be helpful to approach the subject of mental illness by comparing it to physical illnesses so children can relate and make sense of the information.

The AACAP reminds parents to:

- Provide information about mental illness and how the parent is going to get better.
- Assure the child that he or she is not to blame.
- Engage help and support from family members.
- Consider family therapy to strengthen the positive elements in the home and help the child cope.
- Encourage the child to foster a strong relationship with a healthy adult.

Visit www.psychcentral.com and search *Parenting* for additional tips, suggestions and facts on discussing parental mental illness.



Sometimes My Mommy Gets Angry

By: Bebe Moore Campbell & E. B. Lewis
Check your local library.

This children's book illustrates the experience of a young girl whose mother lives with bipolar disorder and uses simple language to describe the child's coping skills as she makes sense of her environment.



I'm Not Alone: A Teen's Guide to Living with a Parent Who Has a Mental Illness

By: Michelle D. Sherman, PhD and DeAnne M. Sherman

This book offers teens essential information regarding mental illness, encourages open communication between teens and parents, offers tips on coping strategies and other words of comfort and support.

SUICIDE IS PREVENTABLE

⚡ Risk Factors

- ▶ Previous suicide attempt
- ▶ Mental illness and/or substance abuse
- ▶ Recent losses (e.g., job or loved one)
- ▶ Access to lethal means
- ▶ Barriers to care

▼ Warning Signs

Call 9-1-1 or seek immediate help from a mental health provider when you hear or see any of these behaviors:

- ▶ Someone threatening to hurt or kill themselves
- ▶ Someone looking for ways to kill themselves: seeking access to pills, weapons or other means

If you are concerned about someone because their behavior has changed and they are exhibiting any of the warning signs of suicide listed below, seek help by calling the Access & Crisis Line at (888) 724-7240.

- ▶ Withdrawing from family and friends
- ▶ Acting reckless, feeling hopeless, angry or anxious
- ▶ Increasing their use of alcohol or drugs

💡 What to Do

If someone you know exhibits warning signs of suicide:

- ▶ Do not leave the person alone
- ▶ Remove any firearms, drugs, alcohol or sharp objects that could be used in an attempt
- ▶ For life threatening emergencies or immediate response, call 9-1-1
- ▶ Contact the Access & Crisis Line at (888) 724-7240

Stand Up and Participate:

Learn QPR to Prevent Suicide!

QPR, which stands for Question, Persuade and Refer, is an emergency intervention to help a person who is considering suicide. Anyone who is in a position to recognize the signs that someone may be considering suicide is encouraged to sign up for a QPR training. In a one-hour workshop, individuals learn to recognize warning signs, what questions to ask and how to offer hope and help. The workshop is designed for parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, caseworkers, firefighters and many others.

QPR trainings are offered at no cost in San Diego. To sign up or to schedule a group workshop, contact **Community Health Improvement Partners (CHIP)** at: (858) 609-7971 or evaughan@sdchip.org.

Liven Up Your Health: Tunes for Your Wellbeing

Want to unwind from a stressful day at work or can't go to sleep? Enjoy some music. Listening, singing and dancing along to our favorite songs taps into our emotional as well as physical wellbeing when feel-good hormones such as dopamine and serotonin are released into our brains. Dopamine lightens up our mood, helps us be more positive, excited and eager to pursue our goals, while serotonin promotes a healthier sleep pattern.



Tune in...

- Around the house to perk up your senses while accomplishing chores
- During work to boost creativity
- While driving, to reduce anxiety during rush hour
- At nighttime to relax and unwind



Need help immediately?
Access & Crisis Line
(888) 724-7240

COMMUNITY RESOURCES

2-1-1



Photography is for illustrative purposes only and persons depicted are models

Up2SD.org
FOR INFORMATION AND MENTAL HEALTH RESOURCES