

Target Audience: Family

Community Response in Light of Tragic Youth and Young Adult Deaths

Dear TK,

We come to you with sadness in our hearts but resolve in our minds. Our community has experienced several tragedies, including suicide, in the past month. We send love to the families that have lost loved ones, and we stand prepared to be with and support you in the days and weeks to come.

The Santa Barbara Unified School District, Santa Barbara County Behavioral Wellness, Santa Barbara Response Network, Glendon Association, and Santa Barbara Hospice are working together to mobilize existing community response protocols. Some of our goals include:

- Identifying youth impacted by the tragedies and ensuring they have access to mental health resources
- Additional suicide assessment training for school and community counselors
- Suicide awareness training for youth, parents and community members focused on recognizing warning signs and what to do if they are worried about someone they know

If you are the parent of a graduating senior who will be attending college this year, and your teen has been impacted by these tragic deaths, we encourage you to consult with college counseling centers to let them know that your child had this experience. If your teen has any mental health concerns, such as depression and anxiety, please assist your child in connecting with resources and services locally or at their college campus.

To bring the community together, we invite families to attend an information session.....

In kindness,

If you or someone you know needs help, please use the following resources:

Toll-free, 24/7 Access Line for information, referrals and crisis response – 1-888-868-1649

Santa Barbara Response Network 24/7 Line – 805-699-5608. www.sbresponsenetwork.org

National Suicide Prevention Lifeline – 1-800-273-TALK. www.suicidepreventionlifeline.org