

**WE CARE**

**WE CARE. GET HELP.**



# 1. The WHY

# The WHY Behind We Care

Death by suicide is the second most common cause of death in children aged 10-14, and the third most common cause in adolescents aged 15-19 ([CDC, 2020](#))



# **The WHY Behind We Care**

The WE CARE. GET HELP. Suicide Prevention Campaign was designed to connect students in need with caring support during times of crisis



# 2.

# The WHAT

We Care



# WE CARE. GET HELP.

## CAMPAIGN GOALS

- Prevent death by suicide
- Send clear message to students of how much WE CARE
- Encourage students to seek help for self and/or friend/s
- Increase awareness of warning signs
- Equip teachers and staff to respond to students in crisis
- Clarify school intervention procedures
- Reduce stigma surrounding this ongoing mental health crisis
- Support student peer supports





# **3.** **The HOW**



JOIN US

# WE CARE

Resource Fair

@Santa Ana High School



## WE CARE

**WEDNESDAY, FEBRUARY 15  
5:30 - 7:30 PM**





# SUICIDE PREVENTION

A Workshop for Parents

Presented by

**Didi Hirsch Mental Health Services**

In this workshop, parents will learn about risk factors, myths, and warning signs of suicide. Parents will receive strategies to support.

**ROB RICHARDSON  
WELCOMING  
RESOURCE  
CENTER**

**1801 S POPLAR ST  
SANTA ANA, CA  
92704**



**Join us in  
person or  
via zoom**

Attend any of our workshop offerings:

- February 8, 9 - 10 am
- February 8, 5:30 - 6:30 pm
- February 23, 9 - 10 am
- February 23, 5:30 - 6:30 pm

**Meeting ID:  
898 9752 6560**

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# PREVENCION DE SUICIDIOS

Taller de padres

Presentado por

**Didi Hirsch Servicios de Salud Mental**

En este taller, los padres aprenderán sobre los factores de riesgo, los mitos y las señales de advertencia del suicidio. Los padres recibirán estrategias de apoyo.

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**Unanse  
en  
persona o  
por zoom**

Asiste a cualquiera de nuestras ofertas:

- 8 de febrero, 9 - 10 am
- 8 de febrero, 5:30 - 6:30 pm
- 23 de febrero, 9 - 10 am
- 23 de febrero, 5:30 - 6:30 pm

**ID de reunión:  
898 9752 6560**

**#SAUSDWECARE #SAUSDBETTERTOGETHER**

# We Care Spirit Week



## 2/6 Monday: Neon Colors Day

You can find brightness in unexpected places, let's be bright with neon colors



## 2/7 Tuesday: Pajama Day

Self care is good care, wear your pajamas or something comfy



## 2/8 Wednesday: We Wear Red

Wear Red, your We Care Shirt, or hearts to show others you care

## 2/9 Thursday: Mix and Match Day

Mix and match to celebrate our differences, we are all unique.



## 2/10 Friday: Superhero Day

We can all be heroes and help out, showcase your favorite superhero

#SAUSDWECARE #SAUSBETTERTOGETHER

# Semana del Espiritu Nos Importa



## 2/6 Lunes: Día de colores de neón

Puedes encontrar brillo en lugares inesperados, seamos brillantes con colores de neón



## 2/7 Martes: Día de Pijama

El autocuidado es un buen cuidado, ponte tu pijama o algo cómodo



## 2/8 Miércoles: Usemos Rojo

Viste de rojo, con tu camiseta We Care o con corazones para mostrar a los demás que te importa

## 2/9 Jueves: Día de mezclar combinaciones

Mezcla y combina para celebrar nuestras diferencias, todos somos únicos



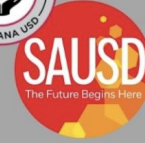
## 2/10 Viernes: Día del Superhéroe

Todo podemos ser superhéroes y ayudar, muestra su superhéroe favorito

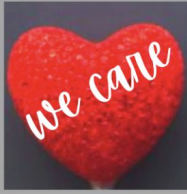
#SAUSDWECARE #SAUSBETTERTOGETHER



# February Self-Care @ Home



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Go for a walk and get some fresh air.	2 Give yourself a compliment.	3 Journal for 5 minutes	4 Organize something at home.	5. Take a nap.
6. Go to bed early.	7 Eat a healthy snack.	8 Stretch for 10 minutes.	9 Watch the clouds.	10 Watch your favorite show.	11 Tell someone thank you.	12 Try a new food.
13 Listen to favorite music.	14 Call or text some you love.	15  Wear RED for WE CARE DAY!	16 Make a new friend.	17 Draw, paint, or write.	18 Hug someone you love.	19 Do something kind.
20 Hug your family.	21 Eat your favorite food.	22 Take a break.	23 Spend 10 minutes in the sunshine.	24 Sing your favorite song.	25 Movie Night	26 Enjoy the outdoors.
27 Share 3 things your happy about.	28 Ask for help if you are struggling.	<b>Get Help. WE CARE.</b>	 WE CARE	 WE CARE	 WE CARE	 WE CARE



# febrero

## Cuidado Personal En Familia



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
		1 Salgan por una caminata y tomen aire fresco.	2 Dense un cumplido.	3 Escriban en su diario por 5 minutos.	4 Organicen algo en casa.	5. Tomen una siesta.
6. Duérmanse temprano.	7 Coman un bocadillo saludable.	8 Estírense por 10 minutos.	9 Observen las nubes.	10 Vean su serie favorita.	11 Díganle a alguien gracias.	12 Prueben una comida nueva.
13 Escuchen su música favorita.	14 Llamen o envíen un texto a un ser querido.	15  Usen ROJO por el Día !WE CARE!	16 Hagan un nuevo amigo.	17 Dibujen, pinten o escriban.	18 Abracen a un ser querido.	19 Hagan un acto de amabilidad.
20 Abracen a su familia.	21 Coman su comida favorita.	22 Tómense un descanso.	23 Pasen 10 minutos en el sol.	24 Canten su música favorita.	25 Noche de películas	26 Disfruten el aire libre.
27 Compartan 3 cosas que los hacen felices.	28 Enumeren 3 personas a las que pueden pedir ayuda si hay problemas.	Nos Importas. Pide Ayuda.				



Style 2000 Short Sleeve \$16 or 2400 Long Sleeve 100% Cotton \$18  
6.1oz Heavyweight T-shirts  
in Sports Gray with logo on front left chest and full back

Style DT664 Medal Speck V \$20 or  
Style LPC330V Athletic Heather TriBlend V \$20  
with logo on front left chest and full back



Style DM136 Ladies or DT136 Men's Tri Blend 3/4 Sleeve  
or Style T200 100% Ringspun Cotton Baseball T  
with logo \$18 on front and back

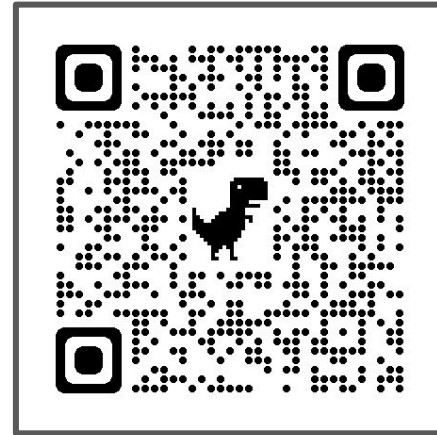
Style PC78H Pullover Hoodie \$30  
or 18000 Crewneck Sweatshirts \$25  
with logo on front left chest and full back

(\*Style T200 runs 1 size larger than other styles; please order down)

Style KS55 Mens or LS55 Ladies  
Port Authority® Stretch Pique Polo  
with front left logo  
chest logo \$24



Style ST660 Heather Contender  
Polo shirt in Heather Gray  
with front left  
chest logo \$22



You can purchase items here:  
<https://spiritwhere.com/schools/sausd/>

# Classroom Presentations – to be Delivered by Counselors



Elementary



Middle

**SOS Signs of Suicide®  
Prevention Program**

High



# **ACT Strategy**

## **If your child sees Signs of Suicide, they are learning to ACT**



**Acknowledge** signs of depression or suicide in a friend



**Care:** Show their friend they care



**Tell** a trusted adult



**WE CARE**

**Thank you!**

What questions or ideas do you have?