



Mental Health News

Monday October 6, 2025

SUICIDE AWARENESS MONTH

Dragons Bring Awareness to Campus

September was Suicide Awareness Month. With the assistance of our students we were able to bring awareness onto our campus with activities throughout the month. Ms. Tanya would like to remind our students, families, and staff that even though the month of September has come to an end, we shall continue together to support the mental health of our students. As a reminder when we talk openly about suicide this can help students feel seen and help save lives. If you or someone you know is experiencing thoughts of suicide or self harm, please do not hesitate to reach out to a trusted adult. Please know that you are not alone.

*Ms. Tanya Hernandez, ASW, PPSC-SSW
School Social Worker
Associate Mental Health Therapist*

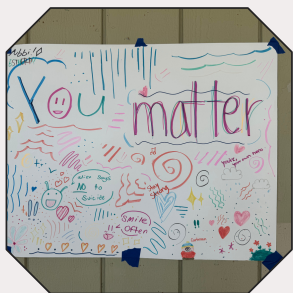


Purple & teal ribbons were tied around campus by our students as they symbolize support for Suicide Awareness.

Words of kindness placed on student lockers to remind one another of how much they matter to our Dragon family.



Students at MCAA bring out their artistic skills to bring awareness to their peers during Suicide Awareness Month.



Statistics. Be in the know

- 20% of high school students report that they have had serious thoughts of suicide in the past year.
- 2nd leading cause of death among ages 10-14 in the US and 3rd leading cause among young people ages 15-24.
- 2% of young adults ages 18-25 in the U.S. report a suicide attempt in the past year.
- Disadvantaged communities who experience discrimination, stressors, & limited access to care experience higher rates of suicide.
- Youth who identify LGBTQI are also at higher risk for suicide than the general population.

■ National Alliance on Mental Illness

Suicide & Crisis Lifeline - 988

The Trevor Project - Text START to 678-678

Yuba-Sutter Behavioral Health - (530) 673-8255