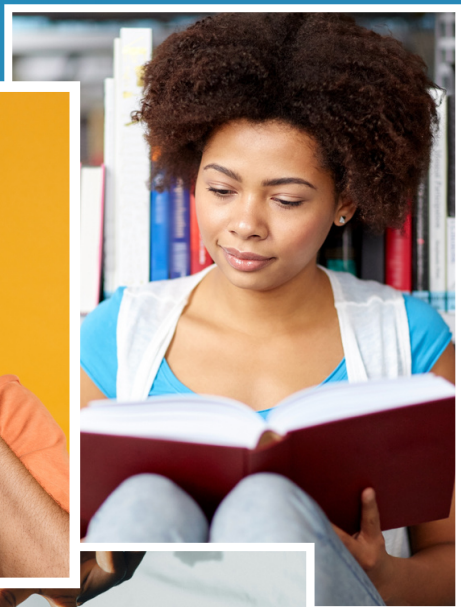
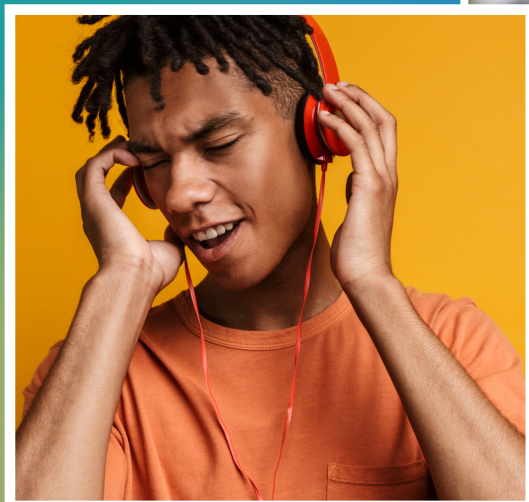


Black Youth & Suicide:

A guide on suicide risk and mental health support for Black youth in Santa Clara County



COUNTY OF SANTA CLARA
Behavioral Health Services

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The Resources

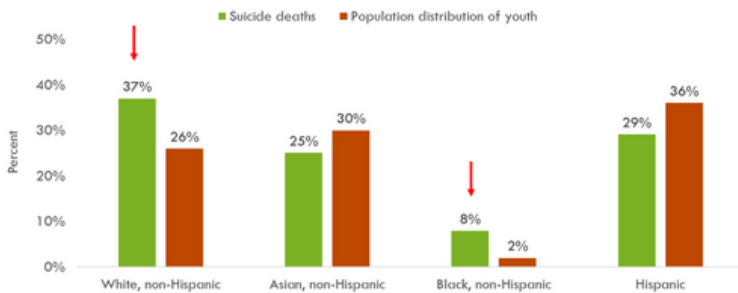
- Find local Santa Clara County resources.
- Also identify online resources.

The Facts

- Suicide is the **#2 cause of death** in youth ages 10-24 across the country.
- The suicide rate for Black youth is increasing **faster than any other** racial/ethnic group within the U.S.
- Nationally, Black youth under 13 are twice as likely to die by suicide than White youth under 13.
- **For ages 10-24, Black youth make up 2% of the youth population in Santa Clara County but make up 8% of the youth suicides.**

The young Black community faces unique challenges that can directly impact help-seeking and access to services. But there is hope. Resources tailored to help young Black communities cope with mental health struggles and thoughts of suicide are available.

Suicide deaths occurring among youth ages 10-24 by race/ethnicity, 2005-2015



Note: Percentages might not add to 100 due to rounding.

Source: CDC/SAMHSA EPI-2 report/Santa Clara County Public Health Department, 2005-2015 Vital Record Business Intelligence System (VRBIS)

1. *The Congressional Black Caucus. Ring the Alarm: The Crisis of Black Youth suicide in America, 2019.*
2. *CDC/SAMHSA EPI-2 report/Santa Clara County Public Health Department, 2005-2015 Vital Record Business Intelligence System (VRBIS)*

The Warning Signs



To support suicide screening and prevention, below are some risk factors and warning signs to help identify Black youth who may be struggling with thoughts of suicide.

Feelings

- **Feelings of hopelessness**
- **Felling like they're a burden to others**
- **Feelings of being trapped - like there's no way out**
- **Rage, uncontrolled anger**
- **Anxiety, agitation**

Behavior

- **Trouble sleeping or sleeping all of the time**
- **Withdrawal from friends, family, and community**
- **Reckless behavior**
- **Giving away prized possessions**
- **Displaying severe/overwhelming emotional pain or distress**
- **Dramatic mood changes**
- **Increased alcohol and/or drug use**
- **Not caring for personal hygiene**

Systemic Racism

- **Racial discrimination, exposure to racism and/or microaggressions**
- **Violent police encounters**
- **Misdiagnosed mental health issues**
- **School disciplinary action/suspension**
- **Juvenile justice system involvement**

Risk Factors

- **Trauma**
- **LGBTQ+/SGL identity**
- **Intersectionality (member of several marginalized groups)**
- **Access to firearms**
- **Interpersonal challenges**
- **Lack of coping mechanisms**
- **Poverty**

To learn more about suicide prevention and warning signs, please visit these organizations:

- **Each Mind Matters**, emmresourcecenter.org
- **American Foundation for Suicide Prevention**, afsp.org

1. *The Congressional Black Caucus. Ring the Alarm: The Crisis of Black Youth suicide in America, 2019.*

2. *Mayo Clinic. Teen suicide: What parents need to know, 2022.*

3. *Chu J.P., Goldblum P., Floyd R., Bongar B.: The cultural theory and model of suicide. Applied and Preventive Psychology, 2010.*

The Resources



There is help. Below is a list of **local resources** designed to help support youth who may be struggling.

The African American Community Service Agency

sjaacsa.org (408) 292-3157

304 N. 6th Street, San Jose, CA 95112

Provides educational, cultural, social and recreational programs, services and activities in order to perpetuate and strengthen African American identity, culture, values, traditions, knowledge and family life.

LGBTQ Youth Space

(408) 343-7940

452 S First St, San Jose, CA 95113

A community drop-in center and mental health program for lesbian, gay, bisexual, transgender, queer, questioning and ally youth and young adults ages 13-25 who live in Santa Clara County.

allcove

allcove.org (650) 798-6330

2741 Middlefield Road, Suite 102, Palo Alto, CA 94306

Allcove is a space for youth to find community, support, advice or even just a moment of pause.

Bill Wilson Center

billwilsoncenter.org (408) 243-0222

3490 The Alameda, Santa Clara, CA 95050

Bill Wilson Center supports and strengthens the community by serving youth and families through counseling, housing, education, and advocacy.

Downtown Youth Wellness Center

alumrockcc.org/programs/ (408) 294-0500

725 E. Santa Clara St, San Jose, CA 95112

A safe and welcoming center that serves “all” youth ages 12-25, helping them navigate and access services across systems. The DYWC provides space for activities and learning, and a place to socialize and just “be”.

continued...

Web-based resources.

Black Emotional and Mental Health

beam.community

Build up your wellness toolbox with BEAM's educational tools, journal prompts, and reflection questions.

Melanin and Mental Health

melaninandmentalhealth.com

Promotes making mental health more accessible and understood for Black & Latinx/Hispanic communities.

It Gets Better- Organizations Serving the Black LGBTQ+ Community

itgetsbetter.org/blog/organizations-serving-black-lgbtq-community

Access a list of organizations specifically serving Black queer communities throughout the United States. Please reach out to these organizations and use their services if you're in need. You are not alone.

Black Mental Wellness

blackmentalwellness.com

Provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, to highlight and increase the diversity of mental health professionals, and to decrease the mental health stigma in the Black community.

Dr. Isha W. Metzger- The C.A.R.E. Package for Racial Healing

drishametzger.com/care-package-for-racial-healing

Includes tools and resources to help Black teens explore racial identity, racial socialization, relaxation, emotion regulation, cognitive coping, and behavioral strategies for coping with experiences with racial stressors.

"The Safe Place" app

thesafeplaceapp.mystrikingly.com

App geared towards minority mental health and the Black Community providing information, learning and self-assessment tools, and self-care tips.

SANTA CLARA COUNTY

BEHAVIORAL HEALTH RESOURCES

Services are available for all ages and in other languages unless noted.

Suicide & Crisis Lifeline

988*

*For area codes other than 408, 650, and 669: (800) 704-0900, press 1

Free, 24/7 support for anyone experiencing mental health distress, including:

- thoughts of suicide
- mental health or substance use crisis
- just need to talk

Trained counselors will provide compassionate support to individuals in crisis. Speak to a clinician who can screen and assess crisis situations over the phone and intervene wherever the crisis is occurring. The lifeline is anonymous and confidential: information will not be shared unless in-person services are needed. Services may or may not involve law enforcement in emergencies.

Mental Health & Substance Use Services Call Center

(800) 704-0900

Free, 24/7 access to County services, including:

- specialty mental health
- substance use treatment or prevention
- support for survivors of suicide
- general information, grievances, and appeals

Trained and licensed mental health and substance use treatment services professionals will provide support. Referrals for Assisted Outpatient Treatment are available.

Crisis Text Line

Text **RENEW** to **741741** (English only)

Envía **COMUNIDAD** a **741741** (Spanish only)

Free, 24/7 crisis support via text message.

Crisis Intervention Team (CIT) Officer

911

In emergency situations, ask for a C.I.T. officer trained in mental health issues.

Follow us on Facebook: @cscbehavioralhealth

Follow us on Instagram: @cscbehavioralhealth

Follow us on Youtube: @behavioralhealth

Email: SuicidePrevention@hhs.sccgov.org



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