



Prevention Services Newsletter

November 2020

International Survivors of Suicide Loss Day

Suicide can cause devastation in its wake. It affects more than the individual who dies by suicide, it also changes the lives of family members, friends, and community members whose lives were touched by the individual. For those who are struck with this loss, coping can be overwhelming.

November 21 is **International Survivors of Suicide Loss (ISOSL) Day**, a day for family and friends of those whose lives have been impacted by suicide to connect, heal and support one another.

The American Foundation for Suicide Prevention (AFSP) is sponsoring a virtual ISOSL - Virginia Statewide Event from 10:30 am – 12:30 pm. [Click here to register for the statewide event.](#)

Later that evening at 7 pm, AFSP- Hampton Roads is hosting an ISOSL Day Luminaria Display of remembrance, held virtually and in person. [Click here for more information and to register for the event.](#)

For ongoing support:

The Williamsburg Hospice House-Williamsburg Survivors of Suicide Loss support group (currently virtual). For more information contact: williamsburgsurvivors@gmail.com

Contact NAMI Williamsburg at 757-220-8535 or by email at info@namiwilliamsburg.org to learn more about suicide support groups in our area.

Colonial Behavioral Health

For those struggling with thoughts of suicide, help is just a phone call away – **757-378-5555**.

CBH's Emergency Services provides 24-hour crisis assessment and referral services, crisis intervention and stabilization services.

CBH also provides Outpatient services to include psychiatric services and individual, family and group counseling for individuals struggling with behavioral health concerns.

Suicide Prevention Resources

Colonial Behavioral Health's (CBH) Prevention Services is dedicated to the prevention of suicide and substance use within James City County, York County and the Cities of Poquoson and Williamsburg. Our goal is to help cultivate a healthier and more connected community through education and outreach to the leaders and youth of our community.

We focus on suicide and substance use education and prevention through evidence-based trainings including **Talk Saves Lives**, by the American Suicide prevention Foundation, is an introduction to suicide prevention addressing risk and protective factors, suicidal warning signs and how to talk and intervene to save a life.

Depression 101, written by CBH Prevention Services, is an introduction to the signs and symptoms of depression, and ways to help youth and adolescents struggling with the disorder.

We also offer more advanced trainings such as **Mental Health First Aid** (Adult/Youth), an eight-hour training that teaches how to assist someone experiencing a mental health or substance use-related crisis; and Living Works' **ASIST**, a two-day interactive workshop that teaches participants to recognize when someone may have thoughts of suicide and works with them to create a plan that will support their immediate safety.

For more information about Prevention Services and how to host or participate in a training contact, prevention@colonialbh.org.

Colonial Behavioral Health Prevention Services

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