

TRAUMA TIPS



#5 in a series from Rideo Health, in service to our community

IF YOU OR SOMEONE NEARBY IS A VICTIM OF TRAUMA, CALL 911 IMMEDIATELY!



Every 13 minutes, someone in America dies by their own hand. Suicide directly affects more than five million people nationwide, and the losses can ripple through entire communities. Suicide rates in Yuba-Sutter are higher than average, but many lives can be saved by timely intervention. Suicidal crises tend to be brief, with most individuals acting not to die but to end the pain they are experiencing. Like healthcare professionals, families, friends and co-workers can be alert to suicidal risk or intent, and step in to help.

Risk factors include depression or other mental health issues; substance abuse; family history of