

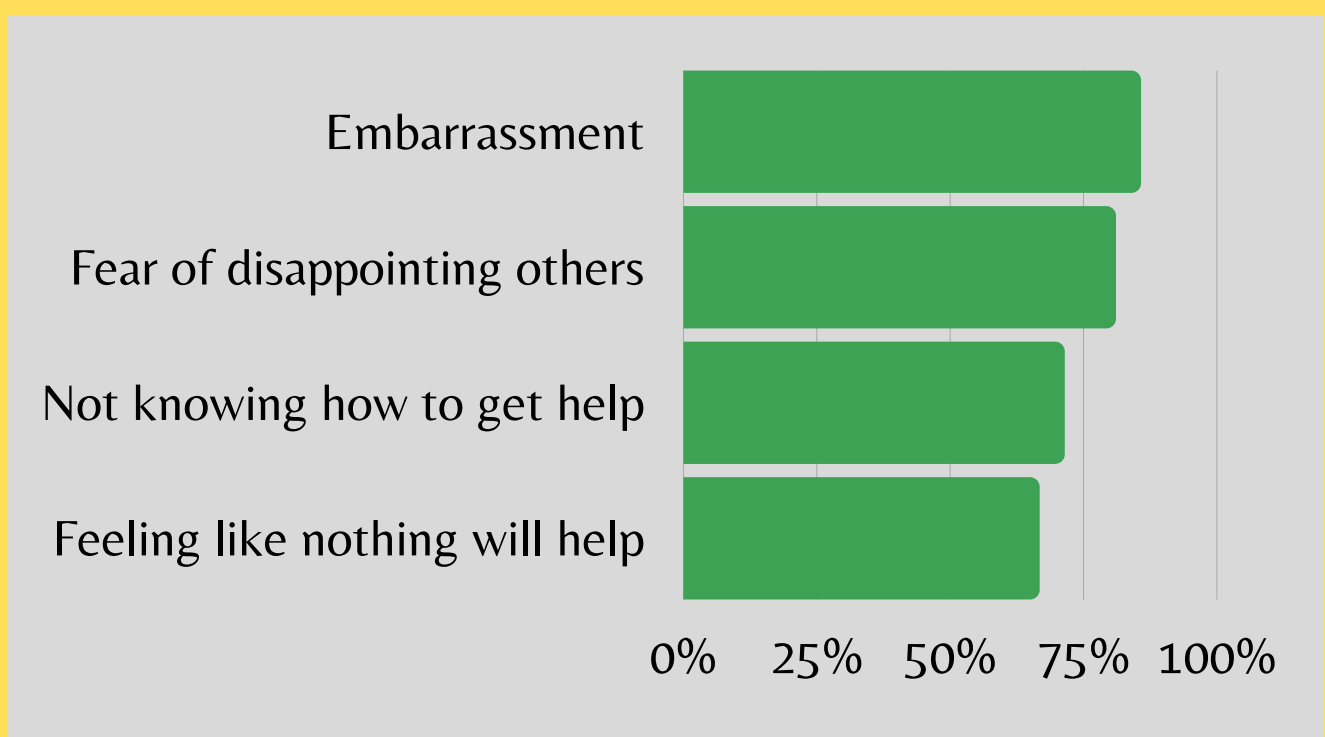


2020 COMMUNITY SURVEY RESULTS



Santa Ynez Tribal Health Clinic

When asked about perceived barriers preventing youth and young adults at risk of suicide from seeking help, youth respondents cited these barriers:

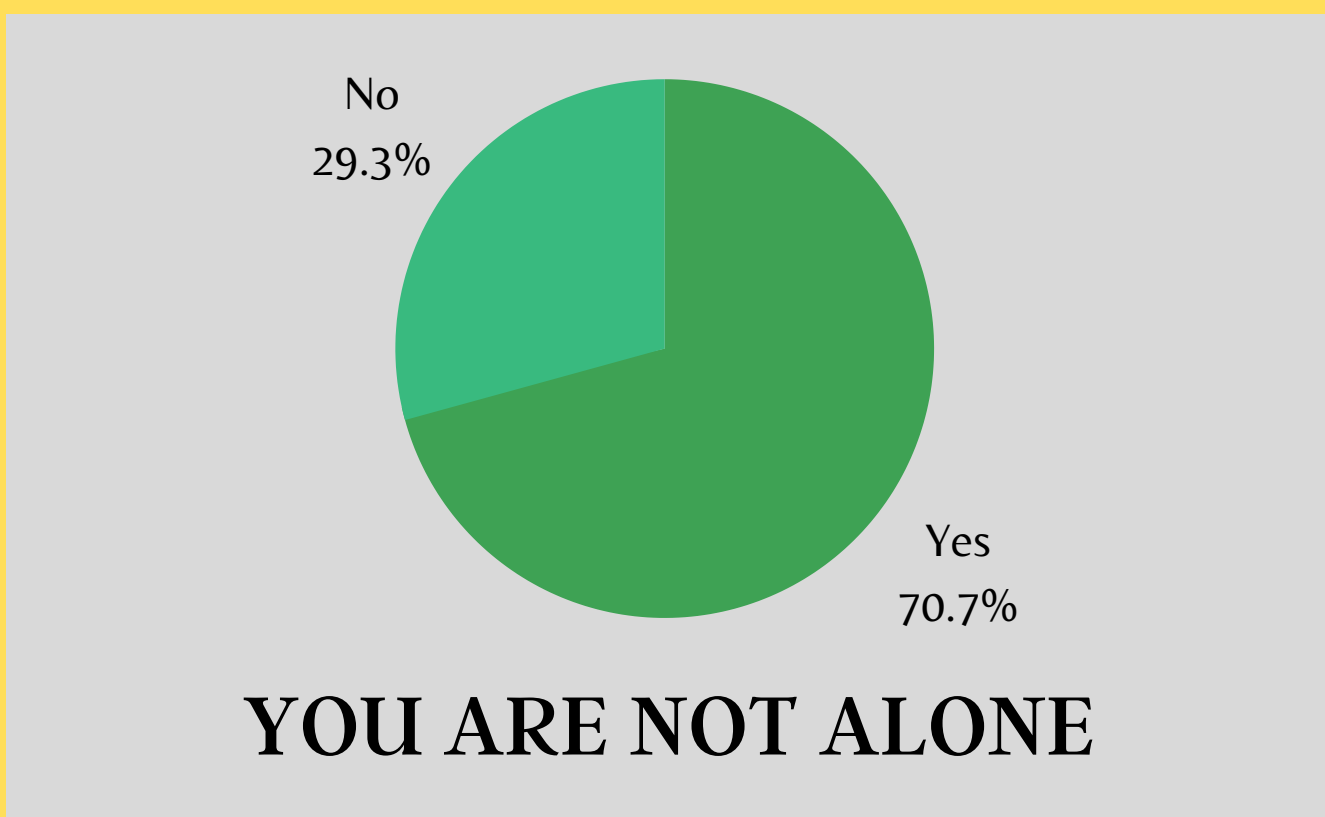


WHAT WOULD YOU DO?

Interventions - endorsed by half or more respondents from all age groups combined.

- Encourage them to seek help from a mental health professional
- Stay with them until they could get help
- Provide them with a phone number for a crisis hotline or other resources
- Tell them I am worried about them

When asked, at any time in the past, have respondents ever visited a health professional for a problem with their emotional or mental health, all respondents cited:

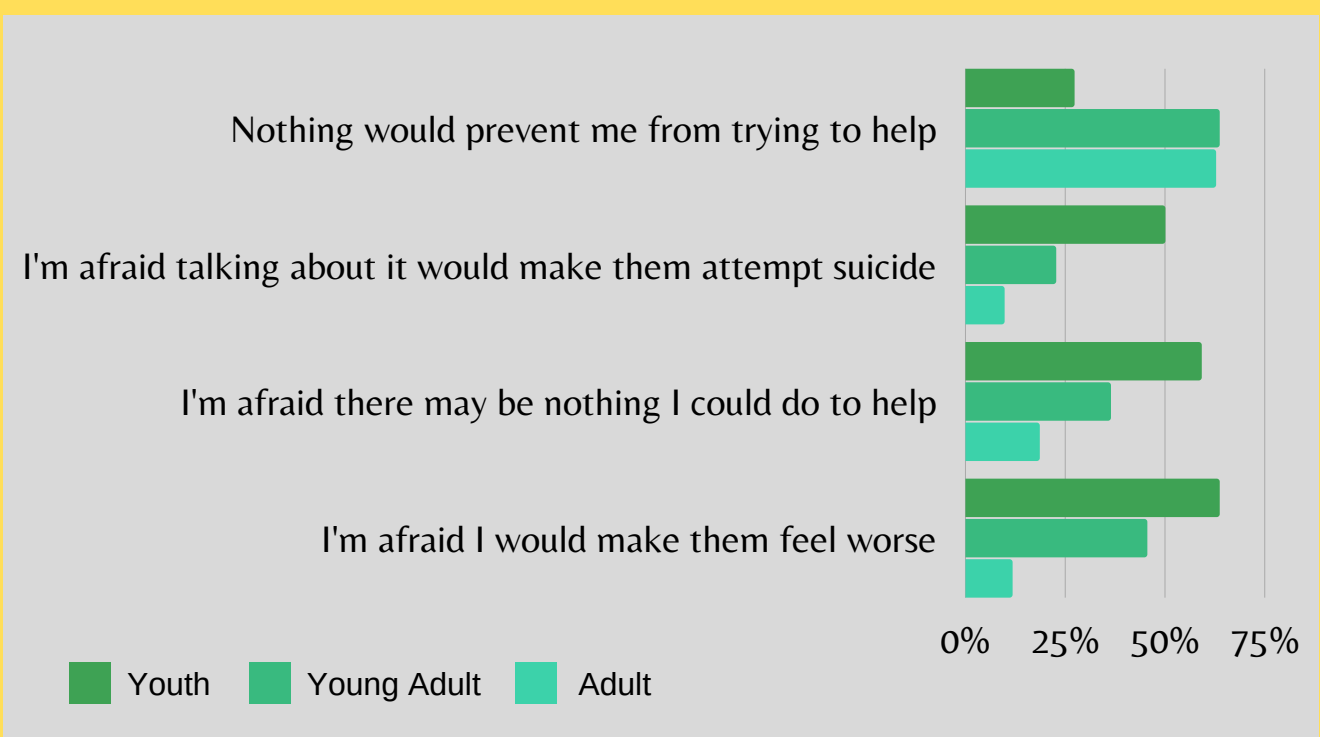




NATIONAL SUICIDE PREVENTION HOTLINE: 1-800-273-8255

HOPE IS IN OUR BLOOD

A majority of respondents from all age groups combined indicated that nothing would prevent them from trying to help someone who was thinking about suicide. For those who listed barriers that would prevent them from helping, over 1 in 4 noted that they would be afraid that there would be nothing they could do to help.



WHAT CAN WE DO?

1. Educate yourself and others
 - a. Attend trainings like ASIST 4/1 & 4/2, ACEs 3/26, etc.
 - b. There is help out there - there is no shame in needing more support
2. Check in with one another
 - a. Have these conversations - you are not alone
 - b. Attend Our Circle of Hope support group
3. Reach out to us!
 - a. Join the AHO Intertribal Youth Council
 - b. Follow us to learn about our programs - we are here for you!

TAKE OUR 2021 COMMUNITY SURVEY!

Contact Us

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