

Suicide Prevention & Bullying

Crisis Information <https://namisonomacounty.org/crisis-info/>

Bennett Valley Union School District Board Policies: [BP 5141.52](#) [AR 5141.52](#)

Suicide Awareness and Prevention (District Support Staff):

Alexis Cala, Superintendent, lexie.cala@bvusd.org 707 542-2201

Connie Freeman, School Psychologist, connie.freeman@bvusd.org 707 542-2201

Angie Bhana, School Counselor, angie.bhana@bvusd.org 707-542-2201

RESOURCES



GENERAL RESOURCES

If the situation is life threatening, call 911 and ask for immediate support.

Sonoma County Crisis Resources:

Crisis Stabilization Unit (24/7)

2225 Challenger Way, Santa Rosa
707-576-8181

North Bay Suicide Prevention Hotline (24/7)

855-587-6373

Sonoma County Behavioral Health Access Line (24/7)

707-565-6900
800-8708786

Additional Resources

Suicide Prevention Lifeline

1-800-273-8255 | suicidepreventionlifeline.org

TTY: 1-800-799-4889

24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in a national network of more than 150 crisis centers.

National Helpline

Provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention and recovery in English and Spanish.

1-800-662-4357 | find-help/national-helpline

TTY: 1-800-487-4889

Disaster Distress Helpline

Regional center offering crisis counselors trained to listen and offer support to people in emotional crisis.

1-800-985-5990 | disaster-distress-helpline

Veteran's Crisis Line

Connects veterans in crisis (and their families and friends) with qualified, caring responders through a confidential, toll-free hotline, online chat or text.

1-800-273-8255 or text 838255 | veteranscrisisline

TTY: 1-800-799-4889

Teen Line

Crisis and referral services, specializing in family reunification of runaways and homeless adolescents ages 11-17. Bilingual.

1-310-855-4673; Text *Teen* to 839863 | Yourlifeyourvoice

National Hopeline Helpline

Provides counseling and support to those who are suicidal and for suicide survivor loss families.

1-800-784-2433 | yourlifecounts

Safe Call Now (for First Responders)

24/7 help line staffed by first responders for first responders and their family members. Can assist with treatment options for responders suffering from mental health, substance abuse and other personal issues.
1-206-459-3020

ALCOHOL & SUBSTANCE USE:

Sonoma & Napa County Al-Anon/Alateen

24-Hour Support Lines for people worried about or affected by someone with a drinking problem.
707-575-6750 Sonoma County
707-258-3690 Napa County

Alcohol and Drug Abuse Helpline

800-729-6686

Alcohol Treatment Referral Hotline

800-252-6465

Families Anonymous

800-736-9805

National Council on Alcoholism and Drug Dependence Hopeline

800-622-2255

Poison Control

800-222-1222

National Institute on Drug Abuse Hotline

(800) 662-4357

Cocaine Anonymous

(800) 347-8998

National Help Line for Substance Abuse

(800) 262-2463

Opioid Treatment Programs in California

[SAMHSA Treatment Programs in California](#)

Buprenorphine Treatment Practitioner Locator – Sonoma County
[Sonoma County locator](#)

National Domestic Violence Hotline

(800) 799-7233

National US Child Abuse Hotline

(800) 422-4453

SOCIAL MEDIA BULLYING:

Social Media Bullying with References to the following Possible Forums for Social Media Bullying:

<https://www.stopbullying.gov/blog/categories/cyberbullying>

<https://www.stopbullying.gov/resources/get-help-now>

School Bullying: Apps and Websites that Fight Back

<https://www.whoishostingthis.com/blog/2016/03/16/bullying-solutions/>

Websites Offering Comment Forums or Sections

<https://cyberbullying.org/social-media-cyberbullying-and-online-safety-glossary>

Websites Offering Image or Video Platforms

<https://www.stopbullying.gov/cyberbullying/kids-on-social-media-and-gaming>

OTHER RESOURCES

Fact Sheets on Suicide: Adolescents and Young Adults

The National Adolescent Health Information Center, University of California, San Francisco School of Medicine, highlights some important research results on suicide. It provides information about the age adolescents are most likely to commit suicide, how gender and race impact adolescents in regard to suicide, and examines the suicide rate trends for adolescents. This Suicide Fact Sheet was published in 2006 and is based on the most current data available.

American Foundation for Suicide Prevention (AFSP)

The AFSP is the leading national not-for-profit organization exclusively dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide. **If you are in crisis, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741741.**

NON-DISCRIMINATION STATEMENT

Sexual harassment is defined as unwelcome sexual advances, requests for sexual favors, or other verbal or physical conduct of a sexual nature. Sexual harassment is a violation of the CA Ed Code, Section 212.6 and 48900.2, as well as Federal law. Students have a right to a harassment free school.

Sexual harassment may include:

- Questioning someone's sexual behavior.
- Sexually oriented jokes, pictures, or objects.
- Making sexually explicit requests of someone.
- Writing obscene graffiti.
- Touching, grabbing, kissing, or purposely bumping.

A student who feels that they are being sexually harassed should immediately contact the appropriate SCOE Title IX Coordinator or a Principal/Director, Counselor, Psychologist, Nurse, or any Teacher/Staff Member.