



DEPARTMENT OF
HEALTH AND HUMAN SERVICES

Promoting and protecting health, well-being, self-sufficiency, and safety of all in Marin County.

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Dear Pediatric Provider,

Healthy youth development in Marin County is a top public health priority. Sadly, we continue to see increases in local and national rates of suicidal behavior among youth. Suicide is the second leading cause of death among adolescents and young adults between 10 and 24 years old. In Marin County, 15- to 29-year-olds make up 10% of suicide deaths. In 2021, there were 140 emergency room visits for self-harm among those under 19 years of age.

Over the last three years, the [Marin County Suicide Prevention Collaborative](#) has been collaborating with the community to address youth and family mental health, including suicide prevention, intervention and postvention strategies with the [Marin County Office of Education](#).

We would like to share with you the following local resources to support you, your patients and their families in mental health and suicide prevention care, including:

- [Marin County Suicide Prevention Collaborative](#). The public, bi-monthly collaborative featuring local experts on related topics. Upcoming:
 - Annual Suicide Data presentation, virtual: Wednesday March 6, 2024 from 2-3 pm. [Register here](#).
 - May Mental Health Month events and a County-wide 988 Campaign: TBA!
- Suicide Prevention and Care Online and In-Person Trainings. See attached for registration.
- [From Compassion to Action: A Community Guide for Suicide Prevention in Marin County \(English and Spanish\)](#). Your office will receive postcards to place in waiting rooms and distribute to families.
- [Support groups for Youth Loss Survivors, Adult Loss Survivors, and Adult Attempt Survivors](#). The Felton Institute Local Outreach to Survivors of Suicide (LOSS) Team dispatches trained volunteers with loss experience to meet with families and survivors immediately following a suicide. See attached.
- [Wellness Action for Youth in Marin: A Resource Guide for Youth by Youth](#) (English and Spanish). Your office will receive copies to place in waiting rooms and distribute to families.
- [Reducing Access to Lethal Means in Marin: A Guide for Caregivers](#)
- [Marin Gun Safety Collaborative](#) is educating health care providers about [gun violence restraining orders](#) and is also providing [free gun locks](#) for home use.

We hope that these resources are helpful to you, your staff, patients, and families. While suicide is a complex health issue, each one of us can take steps to keep a young person safe.

We are grateful for your tireless efforts to keep our community healthy. If you have questions, please contact Kara Connors, MPH, Marin County Senior Program Coordinator for Suicide Prevention (email kara.connors@marincounty.gov ; phone: 415-320-5717).

Sincerely,

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