

FREE!
Linkages, Open House, Hotlines

2019

SEPTEMBER SUICIDE PREVENTION MONTH

#BeTheOneSMC #ImHereForYou



Wed, Aug 14 | 6-7:30pm

8-Week Suicide Loss Support Group (Wednesdays)
Mission Hospice
1670 S Amphlett Blvd, Ste 300, San Mateo

Thu, Aug 15 | 6pm-7:30pm

**Monthly Suicide Loss Support Group
(3rd Thursdays of Every Month)**
Mission Hospice
1670 S Amphlett Blvd, Ste 300, San Mateo

Tue, Aug 27 | 6-7:30pm

**StarVista's Crisis Hotline Volunteer
Information Panel**
San Mateo Public Library, 55 W 3rd Ave, San Mateo

Thu, Sep 5 | 12-1pm

Interfaith Day of Prayer for Faith, Hope and Life
County Center Courtyard
400 County Ctr, Redwood City

Wed, Sep 11 | 10am-2pm

**Helping Our Peers Emerge (H.O.P.E.) and
Assist You in Staying Healthy and Safe**
NAMI San Mateo County
1650 Borel Pl, Ste 130, San Mateo

Thu, Sep 12 | 6pm

The Edge of Success: Film Screening & Panel
(General Public: \$15 | Students: Free)
Fox Theatre, 2215 Broadway St, Redwood City

Fri, Sep 13 | 2-5pm

Linked Together: Open Community Craft and Meetup
South San Francisco Main Library
840 W Orange Ave, South San Francisco

Tue, Sep 17 | 9am

**Board of Supervisors' Proclamation of September
Suicide Prevention Month**
400 County Ctr, Redwood City

Thu, Sep 19 | 6-7:30pm

**Mental Health Comic Book Presentation at
H.E.L.P Mental Health Support Group**
Menlo Church, 950 Santa Cruz Ave, Menlo Park

Mon, Sep 23 | 6pm-8:30pm

The S-Word Screening & Panel
Menlo Park Main Library
800 Alma St, Menlo Park

Tue, Sep 24 | 6:30-8pm

Self-Care & Connections in a Box (Craft Workshop)
San Mateo County Pride Center
1021 S El Camino Real, San Mateo

Wed, Sep 25 | 6:30-8pm

**A Conversation: About Cyberbullying & Bullying
(For Adults Only)**
Pacifica Sharp Park Library, 104 Hilton way Pacifica

For pre-registration and updated details, visit smchealth.org/SuicidePrevention.

If you or someone you know is having thoughts of suicide, please contact one of the below 24/7 hotlines:

National Suicide Prevention Lifeline: 1-800-273-8255

StarVista Crisis Hotline: 650-579-0350

Crisis Text Line: Text "Home" to 741-741



@SMCHealth