



Speak up, Save a life

Suicide is preventable. You can Be the One to help.

Most people who experience suicidal thoughts are in a temporary serious crisis, which can be prevented with your help. **It's up to us.**

CALL (650) 579-0350

If you or someone you know may be thinking about suicide, speak with a trained counselor who can help you 24 hours/day, 7 days/week.

MAKE IT SAFE AT HOME

The majority of people who survive never attempt suicide again. Safely storing medicines and guns (if you own them) in the home removes the opportunity for someone to act.

Find more information at
www.smchealth.org/SuicidePrevention

KNOW THE WARNING SIGNS

Sudden mood changes, talking about wanting to die, feeling anxious and hopeless are all signs to speak up and help.

START THE CONVERSATION

Simply asking "Are you okay?" or "I've noticed you've been feeling down a lot lately" can open the door to a conversation about getting help.



COUNTY OF SAN MATEO
HEALTH SYSTEM
BEHAVIORAL HEALTH
& RECOVERY SERVICES

