

SMCHealth.org/Suicide-Prevention-Month

2021

Suicide
Prevention
Month
#Reconnect



**BE SENSITIVE BE BRAVE for
SUICIDE PREVENTION**

Is a foundational workshop in suicide prevention that teaches how to act as eyes and ears for suicidal distress and connect individuals with appropriate services. Workshop participants will learn to recognize suicide risk, how to ask individuals if they are thinking about suicide, and connect them with help.

WHO: ages 12-18 years

WHEN: Saturday September 25, 4-6:30 pm

WHERE: 975 Sneath Lane (in the gym) San Bruno, CA 94006

REGISTER:

<https://www.eventbrite.com/e/be-sensitive-be-brave-bsbb-training-and-panel-for-youth-ages-12-18-tickets-170686266217>

This event is hosted by Millbrae Leos Club, Church of Jesus Christ of Latter Day Saints and Office of Diversity and Equity (ODE) of San Mateo County Behavioral Health and Recovery Services (BHRS)



StarVista Crisis Hotline
650-579-0350
Crisis Text Line
Text "Bay" to 741-741

