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

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**SEPTEMBER SUICIDE PREVENTION MONTH**

#BeTheOneSMC #ImHereForYou

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**2019 SEPTEMBER SUICIDE PREVENTION MONTH**

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**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 Asist 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

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For pre-registration and updated details, visit [smchealth.org/SuicidePrevention](http://smchealth.org/SuicidePrevention).

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