Today’s Presentation

1. Introduction
2. Suicide Prevention in San Mateo County
3. Suicide Prevention Month in San Mateo County
4. Suicide Prevention - What You Can Do
5. Closing
BHRS Office of Diversity & Equity
Why We Exist

In collaboration with and for community members the Office of Diversity and Equity (ODE) advances health equity in behavioral health outcomes of marginalized communities by influencing systems change and prioritizing lived experience.

- **Health Equity**: Everyone has a fair and just opportunity to experience positive behavioral health outcomes.
- **Behavioral Health Outcomes**: Recovery is possible, access to quality behavioral health care, empowerment/ control over decisions that impact your life, etc.
- **Marginalized Communities**: Communities historically excluded and with greater challenges/barriers than most (the low-income, victims of gender inequities, the disabled, monolingual, immigrants, people of color, etc.).
What We Do

4 Pathways in our Theory of Change

**Workforce Development & Transformation**
BHRS' workforce and service provision is transformed and prioritizes cultural humility, inclusion and equitable quality care.

**Community Empowerment**
Deliberate opportunities exist for individuals with lived experience, families and community members to engage in decisions that impact their lives.

**Strategic Partnerships**
Meaningful partnerships in the community exist to maximize the reach and impact on equitable behavioral health outcomes.

**Policy & System Change**
BHRS influences organizational level policies and institutional changes across San Mateo County agencies to positively impact behavioral health outcomes.
Suicide Prevention in San Mateo County
Suicide Prevention Strategy

Benefits & uses

1. Data
2. Strategies
3. Education
4. Resources
5. Collaboration
Suicide Prevention Month in San Mateo County
Suicide Prevention Month

September
Suicide Prevention Month

September 4-10
National Suicide Prevention Week

September 10
World Suicide Prevention Day
For details and registration, please visit smchealth.org/Suicide-Prevention-Month

Suicide Prevention Month

September is Suicide Prevention Month!

Take Action for Suicide Prevention
September Suicide Prevention Month

Thriving At All Ages

For 2022, San Mateo County, Star Vista, and partners are promoting the statewide theme of "Take Action for Suicide Prevention: Thriving at all Ages." Throughout our communities many people are continuing to experience mental health challenges, trauma, burn-out, and fatigue due to the prolonged impacts of the pandemic and natural disasters.
Follow us @SMCHealth on Facebook, Twitter and Instagram

Social Media Campaign

San Mateo County Health

September is Suicide Prevention Month! For 2022, San Mateo County, StarVista and partners are promoting the statewide theme... See more

September 2022 Suicide Prevention Month
#SMCTakeAction4MH

This year’s theme is “Take Action for Suicide Prevention: Thriving At All Ages.”

Free events & resources at the website or scan the QR code.

SMCHCHealth.org/Suicide-Prevention-Month
• Learn how to support a loved one by taking community helper trainings or three key steps to suicide intervention.

• Learn about how to talk about suicide in a safe and supportive way in both private and public conversations.

• Attend/share free events at smchealth.org/suicide-prevention-month.
Suicide Intervention – Three Steps

Information at smchealth.org/suicide-prevention.
Suicide Safe Messaging

Information at smchealth.org/suicide-prevention.
Suicide Prevention Month – Join Events

Information at smchealth.org/suicide-prevention-month.
SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH & RECOVERY SERVICES

smchealth.org/SuicidePrevention
stang@smcgov.org or zena.andreani@star-vista.org
650-578-7165 or 650-339-5803
If you or someone you know is in suicidal crisis or emotional distress, please reach out for 24/7 confidential crisis support:

Call Star Vista’s Crisis Hotline
(650-579-0350)

Call National Suicide Prevention Lifeline
(988 or 800-273-8255)

Text Crisis Text Line
(Text “BAY” to 741741)
Thank you!

Any questions, comments or input?

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BEHAVIORAL HEALTH & RECOVERY SERVICES