



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**



2023 SUICIDE PREVENTION MONTH

Share Hope

Together

Let's Talk. Let's Support. Let's Heal.



**SEPTEMBER IS SUICIDE
PREVENTION MONTH.**

**FREE EVENTS AND
RESOURCES AT
[SMCHEALTH.ORG/SPM](https://smchealth.org/spm)**

If you or someone you know is struggling
or in crisis, contact our 24/7 CRISIS hotlines:

Call 650-579-0350 or 988

Text "Bay" to 741-741 or 988

Visit SanMateoCrisis.org



**#SHAREHOPETOGETHER
#SUICIDEPREVENTION
#TAKEACTION4MH**