

FREE

表達關懷，勇敢提問 預防自殺

自殺預防文化回應研討會 研討會用普通話進行

“表達關懷，勇敢提問：預防自殺”通過自殺預防基礎研討會注入文化和多元性因素。
本研討會免費參加，旨在指導社區成員如何識別並傾聽自殺困擾，並為有需要的人提供必要幫助。

4月30日星期六
2:00PM-5:00PM



識別自殺信號



以真誠且值得信賴的方式詢問某人關於自殺的問題



為有自殺傾向的人提供適當支持



基於文化背景進行自殺預防

點擊以下鏈接註冊 bit.ly/37CaX7n

或者掃描



免費 25 美元禮品卡

授予前 15 名註冊並參加整個研討會的參與者



SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH
& RECOVERY SERVICES



STAR VISTA

CommunityConnections
Psychological Associates, Inc.

如果您知道某人有自殺傾向或情感抑鬱，可通過以下方式獲得全天候援助：

撥打 650-579-0350(或 1-800-273-8255)或編輯短信“BAY”發送至 741741。有關聖馬特奧縣自殺預防的更多信息，
請訪問 SMCHealth.org/SuicidePrevention。

FREE

BE SENSITIVE, BE BRAVE FOR SUICIDE PREVENTION

Culturally Responsive Workshop on Suicide Prevention Conducted in Mandarin Chinese

"Be Sensitive, Be Brave for Suicide Prevention" infuses culture and diversity throughout a foundational workshop on suicide prevention. This free workshop teaches community members to act as eyes and ears for suicidal distress and to connect individuals to help.

**SATURDAY,
APRIL 30
2:00PM-5:00PM**



Identify signs of suicide



Ask if someone is considering suicide sensitively and confidently



Connect individuals with the appropriate support



Approach suicide prevention in a culturally sensitive manner

REGISTER AT bit.ly/37CaX7n

OR SCAN



FREE \$25 GIFT CARD

Awarded to the first 15 participants to register and attend the entire workshop



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



STAR VISTA

CommunityConnections
Psychological Associates, Inc.

If you know someone who is in suicidal crisis or emotional distress, get 24/7 free confidential crisis support:
Call 650-579-0350 (or 1-800-273-8255) or text "BAY" to 741741. To get involved or for more information about suicide prevention in San Mateo County, visit SMCHealth.org/SuicidePrevention