SEPTMBER SUICIDE PREVENTION MONTH
#BeTheOneSMC #I'mHereForYou

2019

FREE!

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 as Suicide Prevention Month
Suicide Prevention Month Event
400 County Ctr, Redwood City

THU, SEP 19 | 6-7:30PM
Mental Health Comic Book Presentation at M.E.L.P. Mental Health Support Group
Merlo Church, 900 Santa Cruz Ave, Menlo Park

MON, SEP 23 | 6PM-8:30PM
The 5-Word Screening & Panel
Maria's Park, Menlo Park

TUE, SEP 24 | 6-8:30PM
Self-Care & Connections in a Box (Craft Workshop)
San Mateo County Pride Center
1021 S El Camino Real, San Mateo

THU, SEP 25 | 6-8:30PM
A Conversation About Cyberbullying & Bullying
Pacific Park, Redwood City
1401 Hilltop Way, Pacific Park

Wed, Aug 14 | 6-7:30PM
6-Week Suicide Loss Support Group (Wednesdays)
Mission Hospice
1679 S Alhambra Blvd, Ste 300, San Mateo

Thu, Aug 15 | 6-7:30PM
Monthly Suicide Loss Support Group (3rd Thursdays of Every Month)
San Mateo Public Library
55 W 3rd Ave, San Mateo

Fri, Aug 16 | 6-7:30PM
StarVista's Crisis Hotline Volunteer Information Panel
San Mateo County Courthouse
County Center Courtyard
400 County Ctr, Redwood City

Sat, Aug 17 | 9AM-10AM
Interfaith Day of Prayer for Faith, Hope and Life
San Mateo County
NAMI San Mateo County
450 Borel Pl, Ste 130, San Mateo

Wed, Sep 11 | 10AM-2PM
Helping Our Peers Embrace (H.O.P.E.) and Assist You in Staying Healthy and Safe
San Mateo County
NAMI San Mateo County
450 Borel Pl, Ste 130, San Mateo

Thu, Sep 12 | 6PM
The Edge of Success Film Screening & Panel
General Public, 51+ Students: Free
Palo Alto Performing Arts Center
2700 El Camino Real, Palo Alto

For pre-registration and updated details, visit smchealth.org/suicideprevention.

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
San Mateo Crisis Center: 650-331-0260
San Mateo Crisis Hotline: 1-800-273-8484

Until then, know that you're not alone; talk about the tough stuff; help others talk about it.