

September is

Suicide Prevention Month

The Weight We Carry

We do not have to carry it alone

Learn about local resources,
events, and ways to support suicide
prevention in San Mateo County



SAN MATEO
COUNTY HEALTH

PENINSULA
SUICIDE
PREVENTION



Felton
institute



#TheWeightWeCarry
#SuicidePreventionMonthSMC

If you, or someone you know, is experiencing a mental
health crisis or thinking about suicide:
Call 650-579-0350 (San Mateo County Crisis Line)
Call/Text 988 (Suicide & Crisis Lifeline)

Visit: SMCHealth.org/SuicidePreventionMonth