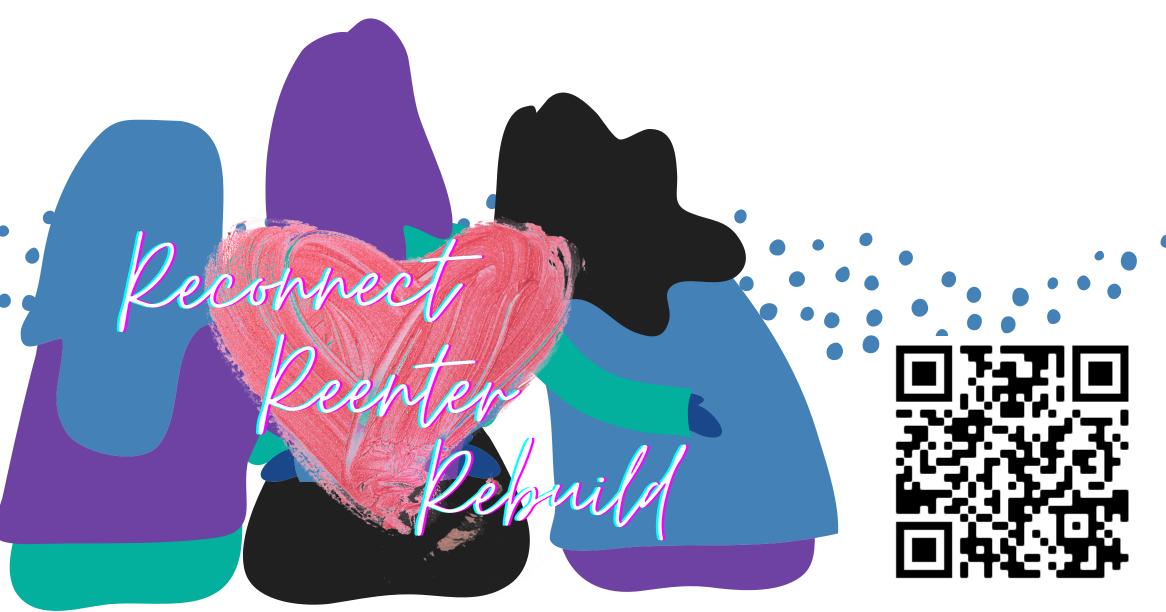
## SEPTEMBER SUICIDE PREVENTION MONTH

**#BeTheOneSMC #Reconnect** 



For full list of events & registration, visit smchealth.org/suicide-prevention-month

Wed

Mental Health Substance Abuse Recovery Commission 3:30pm



Board of Supervisor Proclamation 9am



Music & Poetry for World Suicide Prevention Day 6pm

Mon

TAG You're It: Reconnect, Reenter, Rebuild All Week

Sat

Youth Panel on Intersectionality 10:30am

Building a Resilient Community w/ Our Youth 3:30pm

Sat **25** 

Be Sensitive Be Brave Suicide Prevention Workshop - Youth 4pm

Sun

Connecting with Community for Youth 2pm

Thur 30

Be Sensitive, Be Brave: Suicide Prevention Workshop - Adults 4pm



**Events** partners If you or someone you know is having thoughts of suicide, contact one of these 24/7 hotlines:

National Suicide Prevention Lifeline: 1-800-273-8255 StarVista Crisis Hotline: 650-579-0350 Crisis Text Line: Text "Home" to 741-741







