

Pain Isn't Always Obvious

**KNOW  
THE SIGNS**

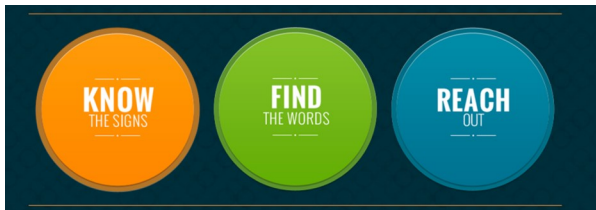
Suicide Is Preventable



## Know the Signs of Suicide Among African American and other communities

We invite you to participate in a workshop on how to identify the signs of suicide, how to have a conversation with someone who is thinking about ending their life, what actions to take and how to reach out for support.

SEPTEMBER is Suicide Prevention Month.



This is a collaboration between the Office of Diversity and Equity (ODE), the Health Ambassador (HAP) program, the African American Initiative (AACI), and the Office of Consumer and Family Affairs (OCFA)

### Presenters:

Pam Ward & Alii Baker

### VIRTUAL PRESENTATION VIA ZOOM

**When:** Monday , September 21

**Time:** 6:00-8:00 pm

<https://us02web.zoom.us/j/85962360647?pwd=Z3NUZFFOUVF2OC9jcUJJaHhCcHVYdz09>

1 669 900 6833

**Meeting ID:** 859 6236 0647

**Passcode:** 092120

### To register please contact:

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SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH  
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