

SMC SUICIDE PREVENTION MONTH EVENTS

SEPT 20
25

San Mateo County will be joining our state and country in celebrating Suicide Prevention Month (SPM) 2025. SPM is one of the best times of the year where we reduce stigma, connect people to services and promote wellness for mental health and substance use matters and conditions. This year's statewide theme for SPM is “#SupportYourWay”. Please join us in validating the choice to reach out for help, understanding that support can look different for everyone, and reframing the act of asking for support as taking control—not losing it.

3

SEP
5:30-8PM

CREATING SAFETY THROUGH EXPRESSIONS

Mouton Center 903 Weeks Street, East Palo Alto

5

SEP
5-8PM

VOICES OF RECOVERY'S CANDLELIGHT VIGIL

400 County Center, Redwood City Courthouse

8

SEP
TBD

STS AND ALT2SU SUICIDE AWARENESS PANEL

1633 Old Bayshore Hwy, Ste 160, Burlingame, CA, 94010

9

SEP
8-10AM

RECOVERY HAPPENS BRUNCH & WALK OF HOPE

400 County Center, Redwood City 94063

9

SEP
9-10AM

BOARD OF SUPERVISORS SPM PROCLAMATION

500 County Center, Redwood City and Zoom Link at www.smchealth.org/spm

16

SEPT
6:30-
8:30PM

NAMI SMC COMMUNITY CONVERSATIONS ON SUICIDE PREVENTION AND MENTAL HEALTH

NAMI SMC San Mateo 1730 South Amphlett Blvd., Ste. 308, San Mateo

#SUPPORTYOURWAY

For latest event updates,
visit SMCHealth.org/SPM



SMC SUICIDE PREVENTION MONTH EVENTS

SEPT 20
25

17

SEP
5-8PM

ARTS AND CRAFTS OUR WAY: GLASS ETCHING FOR MENTAL WELLNESS

California Clubhouse | 2191 S El Camino Real, San Mateo, CA 94403

18

SEP
9:30AM-
2:30PM

CARE IN ACTION: A VIRTUAL 988 CONFERENCE

Register at crisissupport.org/988conference

18

SEP
08:00AM

VOICES OF RECOVERY'S ANNUAL PICNIC

1701 Coyote Point Drive, San Mateo, 94401

19

SEPT
6:30-
8:30PM

SUPPORT YOUR WAY WITH A QUEER PACKAGE

More Information at <https://www.smchealth.org/spm>

22

SEP
5-6PM

MENTAL HEALTH 101 TRAINING

CoastPride | 711 Main St, Half Moon Bay, CA 94019

23

SEP
5:30-
6:30PM

BREAKING THE SILENCE: A DOCTOR'S INSIGHTS ON YOUTH SUICIDE AWARENESS & PREVENTION

More Information at <https://www.smchealth.org/spm>

23

TIME
TBD

BTC YOUTH CO. PODCAST

More Information at <https://www.smchealth.org/spm>

27

SEP
6-10PM

VOICES OF RECOVERY'S ANNUAL DANCE

Project 90 - Friendship Hall | 416 2nd Avenue, San Mateo, 94401

For latest event updates,
visit SMCHealth.org/SPM



SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH
& RECOVERY SERVICES

SAN MATEO
SUICIDE
PREVENTION



Felton
institute