

[#strongertogether](#) [#keepgoing](#)

[#bethelto](#) [#suicideprevention](#)

SUICIDE PREVENTION MONTH EVENT CALENDAR 2020



09/10 Board of Supervisors Proclamation of
9:00 AM September Suicide Prevention Month
[Click for livestream link.](#)

09/10 Older Adult Suicidal Ideation During COVID-19: Understanding
12:30-2:30 PM & Prevention
[Click to register.](#)

09/15 Expressing Yourself: Keeping Yourself Safe
1:30-3:30 PM [Click for Zoom link.](#)

09/20 Virtual Screening of "The S-Word"
6:00-8:30 PM [Click to register.](#)

09/23 People of Color & Suicidal
5:30-7:00 PM Experiences
[Click for more info.](#)

09/23 Panel Presentations & Discussion
7:00-8:30 PM for Parents on Youth with
Challenges of Mental Illness
at NAMI SMC General Meeting
[Click for more info.](#)

09/24 Suicide Prevention Training and Panel for Food Service
6:00-8:00 PM Workers
[Click to register.](#)

09/29 Why, in God's name, would you want to kill yourself? A
12:00-1:30 PM Conversation on Spirituality & Suicide
[Click for more info.](#)

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

StarVista Crisis Hotline
650-579-0350

Crisis Text Line
Text "BAY" to 741-741

FOR EVENT DETAILS AND UPDATES VISIT
smchealth.org/suicide-prevention-month



STAR VISTA



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

@SMCHealth
@starvistasmc