

Suicide Prevention Month

San Mateo County



SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH
& RECOVERY SERVICES



Please visit smchealth.org/Suicide-Prevention-Month which includes:

1. Introductory Presentation (40 Minutes)
2. Event Calendar, Details and Registration Information
3. Social Media Campaign Information

If you or someone you know is in suicidal crisis or emotional distress, please reach out for 24/7 confidential crisis support by calling 650-579-0350 (Star Vista's Crisis Hotline), calling 1-800-273-8255 (National Suicide Prevention Lifeline) or texting "BAY" to 741741 (Crisis Text Line).