

# Suicide Prevention Month in San Mateo County



SAN MATEO COUNTY HEALTH  
**BEHAVIORAL HEALTH  
& RECOVERY SERVICES**



# Help Available Now



If you know someone who is in suicidal crisis or emotional distress, get 24/7 free confidential crisis support:

**Call 650-579-0350** (or 988) – English, Spanish and interpretation for other languages

**Text “BAY” to 741-741** (or 988) – English & Spanish

**Visit [sanmateocrisis.org](http://sanmateocrisis.org)** for teen crisis services

**For emergencies that need an immediate response, call or text 9-1-1.**

When contacting 911 during a mental health crisis, request a crisis intervention trained (CIT) officer. To find out how to prepare and what to expect, learn more at [smchealth.org/mh911](http://smchealth.org/mh911).

# Suicide Prevention Month (SPM)



 **SAN MATEO COUNTY HEALTH  
BEHAVIORAL HEALTH  
& RECOVERY SERVICES**

**2023 SUICIDE PREVENTION MONTH**

## Share Hope Together

*Let's Talk. Let's Support. Let's Heal.*

 **SEPTEMBER IS SUICIDE  
PREVENTION MONTH.  
FREE EVENTS AND  
RESOURCES AT  
[SMCHealth.org/SPM](https://SMCHealth.org/SPM)**

**Find the signs, reach out. Know the signs, reach out. Know the signs, reach out.**

If you or someone you know is struggling or in crisis, contact our 24/7 CRISIS hotlines:  
**Call 650-579-0350 or 988**  
**Text "Bay" to 741-741 or 988**  
**Visit [SanMateoCrisis.org](https://SanMateoCrisis.org)**

 **\*SHAREHOPETOGETHER  
\*SUICIDEPREVENTION  
\*TAKEACTION4MH**

 **SAN MATEO COUNTY HEALTH  
BEHAVIORAL HEALTH  
& RECOVERY SERVICES**

**MES DE LA PREVENCIÓN DEL SUICIDIO 2023**

## Compartir Esperanza Juntos

*Hablemos. Apoyemos. Sanemos.*

 **SEPTIEMBRE, MES DE  
LA PREVENCIÓN DEL  
SUICIDIO  
PARA EVENTOS Y RECURSOS  
GRATUITOS VISITE  
[SMCHealth.org/SPM](https://SMCHealth.org/SPM)**

**Si usted o alguien que conoce enfrenta retos emocionales o esta atravesando una crisis, contacte nuestras líneas de CRISIS de 24/7:  
**Llame al 650-579-0350 o 988**  
**Envíe Texto "Bay" al 741-741 o 988**  
**Visite [SanMateoCrisis.org](https://SanMateoCrisis.org)****

 **\*SHAREHOPETOGETHER  
\*SUICIDEPREVENTION  
\*TAKEACTION4MH**

 **SAN MATEO COUNTY HEALTH  
BEHAVIORAL HEALTH  
& RECOVERY SERVICES**

**2023 預防自殺月**

## 一起 分享希望

我們來聊聊吧。讓我們協助您。讓我們邁向康復吧。

 **九月是預防自殺月。  
[SMCHealth.org/SPM](https://SMCHealth.org/SPM)  
免費活動和資源**

**伸出援手，認識病症，找到問題，找到詞語，認識病症，伸出援手。**

如果您或您認識的人正在掙扎 或遇到危機，請聯繫我們的 24/7 危機熱線：  
**電話 650-579-0350 或者 988 (提供中文翻譯)**  
**短訊 "Bay" 到 741-741 或者 988 (僅英語和西班牙語)**  
**查詢網址 [SanMateoCrisis.org](https://SanMateoCrisis.org) (僅限英語)**

 **\*SHAREHOPETOGETHER  
\*SUICIDEPREVENTION  
\*TAKEACTION4MH**

# Lived Experience Academy Speakers

