

2024 Suicide Prevention Month



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



Dr. Jei Africa | He/Him/His
Director
Behavioral Health & Recovery Services

Sylvia Tang | She/Her/Hers
Community Health Planner

Why Suicide Prevention?

In 2023:

- **65 people** died by suicide in San Mateo County (decreased by 3% from 2022)
- **16,568 calls** were received by the San Mateo County Crisis Line (run by Star Vista Crisis Center), including 1,033 (6%) calls routed through 988



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SMCSuicidePrevention.com



Call to Action

1. Spread the word

Examples: social media (email, text, flyers, meeting announcements)

2. Save on phone: 988 or Vista Crisis Hotline (650-579-0350)

3. Attend an event for Suicide Prevention Month



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[SMCSuicidePrevention.com](https://www.smc-suicideprevention.com)



Lived Experience Speakers



Amanda Brant



Roxanne Barfield



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Read Amanda and Roxanne's stories at <https://smchealth.org/post/directors-newsletter>

