Recovery Month & Suicide Prevention Month

September 2025











Why Recovery Month?

- Honors individuals in recovery, their families, and the providers who support them
- Reduces Stigma
- Provides Hope
- Builds Community
- Promotes Wellness









Why Suicide Prevention Month?

- Suicide can be prevented
- Suicide impacts us all
- Talking about suicide saves lives









Core Continuum of Care



Prevention and Wellness

Service: Includes services, activities and assessments that educate and support individuals to maintain healthy lifestyles and prevent acute or chronic conditions, like wellness checks and health promotion activities



Outpatient

Services: Variety of tradtional clinical outpatient services like individual and group therapy, ambulatory detoxification services



Community Services

& Supports: Flexible services that are designed to enable individuals to remain in their homes and participate in their communities, like supported housing, case managment, supported employment and supported education



Intensive Outpatient Treatment

Services: Includes services such as ACT (Assertive Community Treatment) and substance use intensive outpatient services that are delivered using a multidisciplinary approach to support individuals with higher acuity behavioral health needs



Peer and Recovery Services:

Services delivered in the community that can be provided by individuals with lived experience, including young adults and family members



SUD Residential

Treatment: Provided in short-term residential settings to divert individuals from or as a step-down from intensive services



range of services and supports, such as crisis call centers, mobile crisis services and crisis residential services that assess, stablize and treat individuals experiencing

acute distress

Crisis Services: Include a



Intensive Treatment

Services: Provided in structured, facility-based settings to individuals who require constant medical monitoring

Restoring Every Aspect of Life

From prevention to recovery, BHRS restores every aspect of life through integrated, culturally responsive, person -centered mental health and substance use services for all.

Full directory of behavioral health services and programs in San Mateo County at

https://www.smchealth.org/post/find-behavioral-health-provider-program-or-service



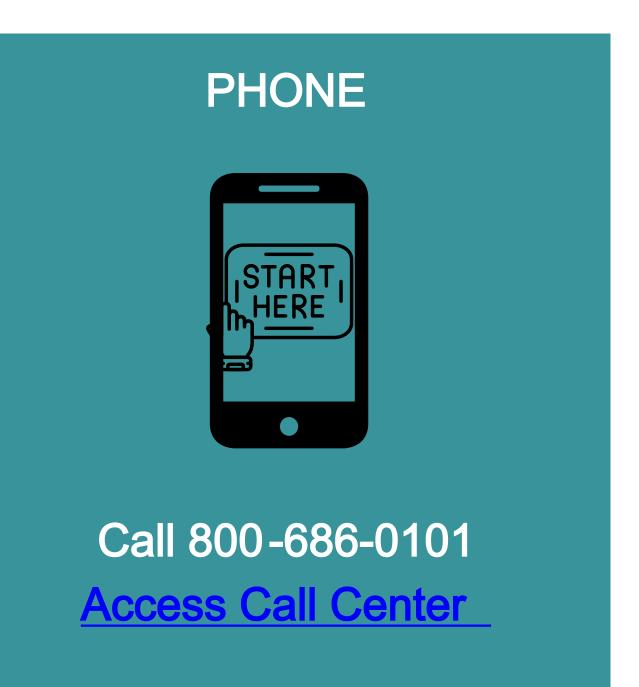


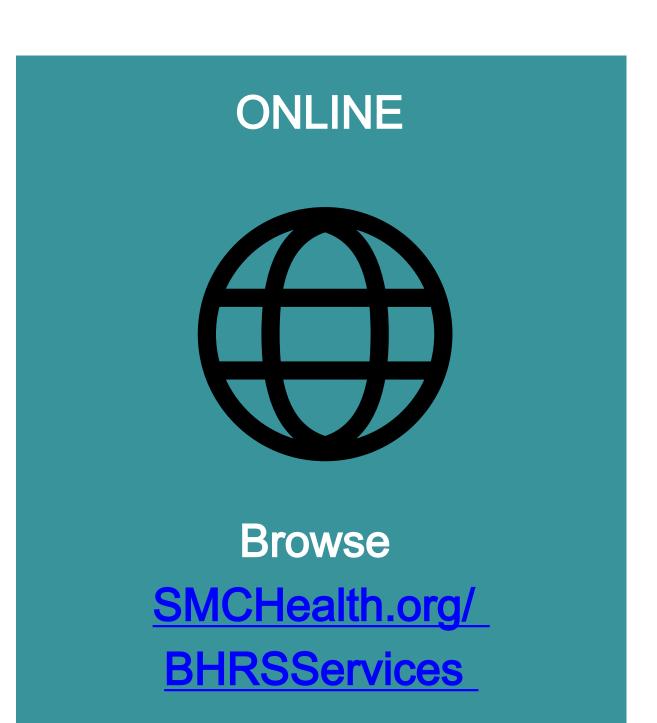


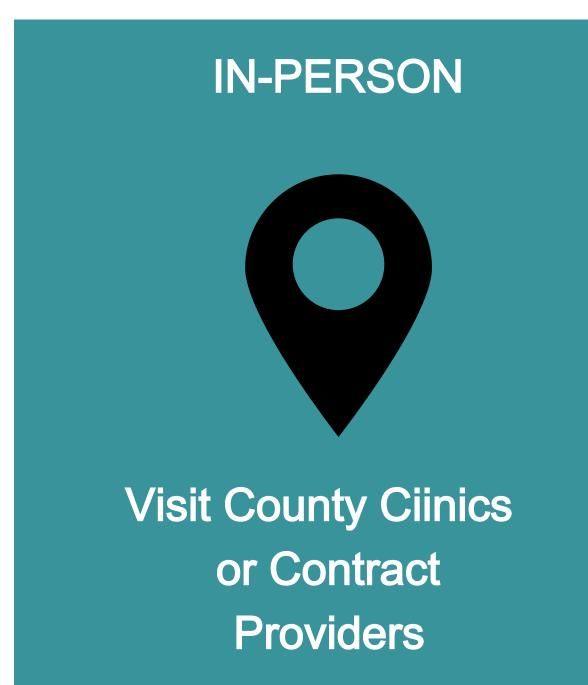


Support, Your Way

Tailored services to each client's culture, schedule, and personal situation.









Victor's Voice of Recovery and Suicide Prevention











Our Stories | SMCHealth.org/Stories







CALL TO ACTION







Take action to promote recovery and suicide prevention in our San Mateo County community.

Attend a virtual or in -person event hosted by community partners.

Spread the word about free events and resources using our flyers, virtual backgrounds and social media posts

Take a free community training such as Wellness Recovery Action Plan, Applied Suicide Intervention Skills Training, Mental Health First Aid and Be Sensitive Be Brave.