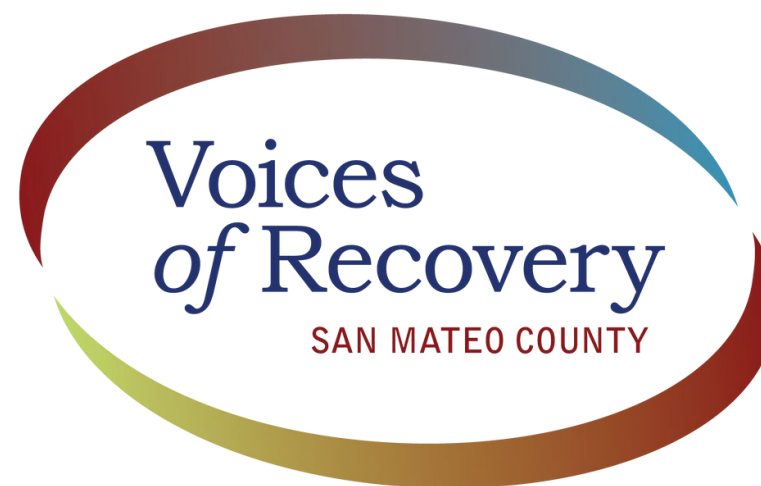


Recovery Month & Suicide Prevention Month

September 2025



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





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



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.

PHONE



Call 800-686-0101
[Access Call Center](#)

ONLINE



Browse
[SMCHealth.org/
BHRSServices](https://SMCHealth.org/BHRSServices)

IN-PERSON



Visit County Clinics
or Contract
Providers



Victor's Voice of Recovery and Suicide Prevention



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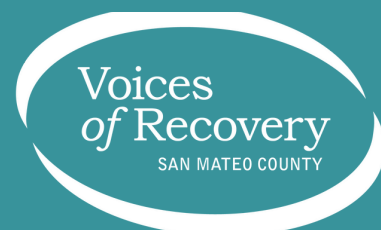
Our Stories | SMCHHealth.org/Stories



CALL TO ACTION



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



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.