



Suicide Prevention Month 2020



September is National Suicide Prevention and Recovery Month

Join the County of San Luis Obispo Behavioral Health Department and partners from the Suicide Prevention Council of San Luis Obispo County in one of the many events, presentations, and trainings throughout September where you can learn more about suicide, how to help and support loved ones, and how you can play a part in suicide prevention.

September 2, 6:00pm - *The S Word Documentary Virtual Screening*

"The Most Dangerous Word is Silence." Join Transitions-Mental Health Association and their Peer Advisory and Advocacy Team for a FREE virtual screening of The S Word. Register here:

<https://us02web.zoom.us/join/register/tZMrd-mrrzkqGtO6FxB7pWucJ40bvUhtPaW0>

For questions, contact rdraga@t-mha.org.

September 8, 6:00pm - *Suicide Prevention Forum 2020*

Live Through This: A Lifetime of Suicidal Thoughts & Art as Social Justice

Join County Behavioral Health, TMHA, and Cuesta College as they present the 2020 Suicide Prevention Forum. Dese'Rae L. Stage, featured in The S Word Documentary, will be presenting on the Live Through This project and her experience with a lifetime of suicidal thoughts. This is a FREE event but RSVP is required. To learn more and to RSVP, visit <http://slocounty.ca.gov/SP-Forum-2020-RSVP>. For questions, contact aahendry@co.slo.ca.us

September 9, 9:00am-4:30pm - *Central California Regional Suicide Prevention Summit 2020*

The Suicide Prevention Council has partnered with Kern, Fresno, and Tulare Counties to bring a virtual suicide prevention summit to Central California counties. Thanks to direct sponsorship from Cuesta College, TMHA, and partnering counties, the summit is FREE and County Behavioral Health is offering 6 continuing education credits for attending. There will be four workshops including: Suicide Loss Survivor Outreach Team; Suicide Crisis Pathway; Nourish the Brain; and Firearm Safety for Suicide Prevention. The summit will include two wellness breaks with a guided meditation and chair yoga, and will end with a Lived Experience Speaker's Panel. To register, visit

<https://us02web.zoom.us/join/register/tZ0uceGuqT4qHdRmO8BpuaUzOwVIEYda6KzR>

For questions, contact Elissa Feld, efeld@t-mha.org

Talk Saves Lives

Talk Saves Lives is the American Foundation for Suicide Prevention's standardized, 45-60 minute education program that provides participants with a clear understanding of this leading cause of death, including the most up-to-date research on suicide prevention, and what they can do in their communities to save lives. Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe. There are two opportunities to participate in this virtual presentation listed below along with their respective registration links.

September 15, 12:00 noon-1:00pm Register here: <https://tslslo91520.attendase.com/>

September 22, 6:30pm-7:30pm Register here: <https://tslslo92220.attendase.com/>



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September 23, 3:00-4:30pm: Suicide Prevention Council Meeting

Join the Suicide Prevention Council for their monthly meeting where they discuss best practices and prevention strategy, and will hear from two local organizations about their work in suicide prevention. All are welcome, to learn more, contact aahendry@co.slo.ca.us or 805-781-1357.

September 28 - September 29, 8:15am-4:30pm: Applied Suicide Intervention Skills Training (ASIST)

Transitions-Mental Health Association and the SLO Hotline will be facilitating a 2-day, 16-hour suicide prevention and intervention training designed for community members and professionals alike. We all have a role in suicide prevention and this course takes a thorough approach on how to help. The training is in person and limited space is available due to physical distancing. To learn more and to sign up, contact Ileara Brown, ibrown@t-mha.org or 805-540-6541.

Interested in taking or hosting a training?

Below is a list of trainings offered year-round by County Behavioral Health.

For more information and to schedule a training, contact aahendry@co.slo.ca.us or 805-781-1357

Trainings listed below are currently available virtually

Adult Mental Health First Aid : This 8-hour training gives you the skills you need to reach out and provide initial support to adult individuals who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Youth Mental Health First Aid: This 6.5-hour training gives adults who work and/or interact with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Question, Persuade, Refer (QPR): This training is 1-2 hours. QPR is an emergency mental health intervention for people in a suicide crisis and is nationally recognized for best practices. QPR helps to identify and interrupt a suicide crisis and direct that person to the proper care. Participants will learn risk and protective factors, warning signs, and how to access local resources.

Other ways to get involved in Suicide Prevention in San Luis Obispo County

County Behavioral Health and the Suicide Prevention Council are working on a strategic plan for suicide prevention and want to hear from you! By completing this 5-10 minute anonymous survey, you are helping to inform the future of suicide prevention in San Luis Obispo County.

<https://www.surveymonkey.com/r/SLOCountySuicidePrevention>



COUNTY OF SAN LUIS OBISPO
BEHAVIORAL HEALTH DEPARTMENT



**SUICIDE
PREVENTION
COUNCIL**
of San Luis Obispo County