



COUNTY OF SAN MATEO
HEALTH SYSTEM

Speak up, Save a life

Suicide is preventable. You can Be the One to help.

Most people who experience suicidal thoughts are in a temporary serious crisis, which can be prevented with your help. **It's up to us.**

Join us to learn more about warning signs, how to start the conversation, and ways to make it safer at home.

If you or someone you know may be thinking about suicide, speak with a trained counselor who can help you 24 hours/day, 7 days/week. Call the StarVista crisis hotline (650) 579-0350.

Sudden mood changes, talking about wanting to die, feeling anxious and hopeless are all signs to speak up and help. Simply asking "Are you okay?" or "I've noticed you've been feeling down a lot lately" can open the door to a conversation about getting help.

The majority of people who survive never attempt suicide again. Safely storing medicines and guns (if you own them) in the home could remove the opportunity for someone to act.

Find more information at
www.smchealth.org/SuicidePrevention

SUICIDE PREVENTION FORUM

Friday, September 25, 2015
12:00 – 1:30 pm

San Mateo Main Library, Oak Room
55 West 3rd Avenue
San Mateo, CA 94405

Keynote speaker, panel, and resource tables. Refreshments provided.

1.5 Continuing Education Units (CEU) available

Questions?

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StarVista



Behavioral Health
& Recovery Services
SAN MATEO COUNTY
Office of Diversity and Equity