



CRISIS SUPPORT SERVICES
of Alameda County



**SEPTEMBER
IS NATIONAL SUICIDE
PREVENTION MONTH**

SUICIDE PREVENTION MONTH 2020

Join us (virtually) for a month of special programming designed for community members and helping professionals — BUILDING CONNECTION AND RESILIENCE THROUGH SOCIAL JUSTICE, honoring National Suicide Prevention Month.

SEPTEMBER LUNCH AND LEARNS: 12 NOON - 1:00 PM

<p>FRI 4</p>	<p>PARENTS'/CAREGIVERS' ROLE IN SUICIDE PREVENTION This panel will explore common questions that come up for parents as they work to be an active part of their child's mental health well-being.</p>	<p>FRI 11</p>	<p>BUILDING MENTAL HEALTH RESILIENCE This presentation will focus on concrete strategies we could all practice as a way to increase our resilience during these challenging times.</p>
<p>MON 7</p>	<p>CRISIS SUPPORT SERVICES OF ALAMEDA COUNTY'S VOLUNTEER PANEL Hear what it's like to be a volunteer on the crisis line.</p>	<p>FRI 18</p>	<p>A PANEL ON SUICIDE PREVENTION IN DIVERSE COMMUNITIES The panel will talk about the application of a cultural lens in suicide prevention.</p>
<p>TUE 8</p>	<p>ASIAN AMERICANS AND SUICIDAL EXPERIENCES Hear from Asian-American community members and providers on their experiences with suicide and suicide prevention.</p>	<p>WED 23</p>	<p>"LOOK AROUND YOU" CREATIVE MEANS SAFETY THROUGH TELE-HEALTH Learn how to implement collaborative means safety practices with persons at risk for suicide.</p>
<p>WED 9</p>	<p>MEET ALAMEDA COUNTY'S CRISIS PROVIDERS Meet some of the providers dedicated to ensuring those in crises are able to stay safe and become connected to resources they might need to be well.</p>	<p>FRI 25</p>	<p>DEEPENING THE CONNECTION: SUICIDE ASSESSMENT IN TELE-HEALTH Suicide assessment using tele-health can be challenging. We are here to provide some strategies to support providers.</p>
<p>THUR 10</p>	<p>CAREGIVER SUPPORT FOR LOVED ONES IN SUICIDAL CRISIS Learn about supports available for family members and caregivers of those experiencing suicidal crises.</p>	<p>WED 30</p>	<p>MENTAL HEALTH IMPACT OF COVID-19 ON WORKERS IN HEALTH CARE SETTINGS This panel explores the stressors as well as the resources available for this group as the health crisis goes on.</p>



Visit www.CrisisSupport.org/SPM2020 to Register

CSS programming is in partnership with:

