

Take Action for Suicide Prevention

Suicide Prevention Week: September 4-10, 2022
World Suicide Prevention Day: September 10

Thriving At All Ages

suicideispreventable.org



This September we focus on **Thriving At All Ages** by exploring ways we can **strengthen our physical and emotional wellness** at different stages of life. Together we can **Take Action for Mental Health** by building resiliency at all ages. This month we honor National Suicide Prevention Week (9/4-9/10) and World Suicide Prevention Day (9/10).

Join in our activities and share your participation on social media using
#PEISEPT2022 and **#RUHSRecoveryHappens2022**
(remember to change setting on posts to public to help spread the word)

Riverside County Suicide Prevention Month 2022 Activity Guide

This year's Suicide Prevention and National Recovery Month focuses on *Thriving At All Ages*. Research shows that people of all ages benefit from participating in activities that strengthen their self-care and wellness. These activities may look different across the lifespan as we grow and evolve. Building resiliency is important at all ages, and strategies can be tailored depending on what is enjoyable or accessible at your age.

Due to the prolonged impact of the pandemic and many social issues our communities face, many people are continuing to experience mental health challenges, trauma, burn-out and fatigue. Our hope is that the activities, trainings, and events hosted this month will help our community move from a place of surviving to thriving!

Now, more than ever, it's vital that we recognize the importance of strengthening resiliency, protective factors, and physical and emotional wellness throughout the lifespan and at different life stages. Focusing on ways that we can improve our personal well-being can help reduce stress, improve our relationships, and reduce suicide risk.

We invite you to share knowledge and resources around suicide prevention with your social network this month and all year long. Remember, all of us can play a role in suicide prevention.

Together we can help prevent suicide in Riverside County!

There are many options for promoting Suicide Prevention Awareness and National Recovery Month, all of which can be done from home or online while practicing physical distancing. We have provided suggestions for how to plan your September activities week-by-week, or you can choose your favorites.

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Week One (September 1-3) – Physical Wellness



Scavenger Hunt

It's important to find fun and creative ways to take care of our physical health. One idea is to try a scavenger hunt! This can help relieve stress by getting our bodies moving while also focusing our attention on the present moment. Download the Take Action for Mental Health Scavenger Hunt [here](#). Available in English and Spanish. Share this idea with others by posting some pictures or videos of your scavenger hunt. Don't forget to use the hashtag #PEISEPT2022 when sharing on your social media.

Stand Against Stigma Presentation

Be inspired by hearing others share their experience, strength, and hope with mental illness. Available in English on **Thursday, September 1st from 10:30am – 11:30am via zoom**. ASL and Spanish interpreting will be provided. Please use this [Zoom Link](#) to access the presentation.



Make a Move Towards Wellness



Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal. Thirty minutes of exercise of moderate intensity, such as brisk walking for 3 days a week, is sufficient for these health benefits. Make a plan to rebuild your physical health this week by incorporating a new exercise routine.

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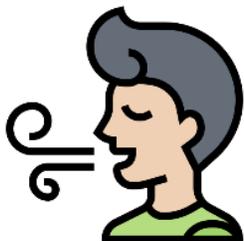


Funded by counties through the Mental Health Services Act (Prop 63)



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Pause and Take a Breath

Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Breathing exercises are a good way to relax, reduce tension, and relieve stress. Schedule a *breathe break* today.

Week Two (September 5-10) – Emotional Wellness

Attitude of Gratitude

There have been multiple studies on the link between gratitude and well-being. Research confirms that gratitude effectively increases happiness and can reduce depression. By working at shifting our mindset to one of gratitude, we can improve our well-being. Every day throughout the week, write down something you are grateful for, some words of hope and encouragement. Encourage your friends and family to participate too!



Improve Your Mood

Music is another outlet that has been found to improve mood. In fact, research has found that people listen to music to achieve self-awareness, social relatedness, and arousal and mood regulation.

Make a playlist with songs to lift you up or soothe you. Share your playlist on social media to inspire others using the hashtags **#PEISEPT2022**.

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safeTALK

suicide alertness for everyone

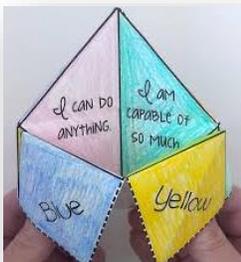
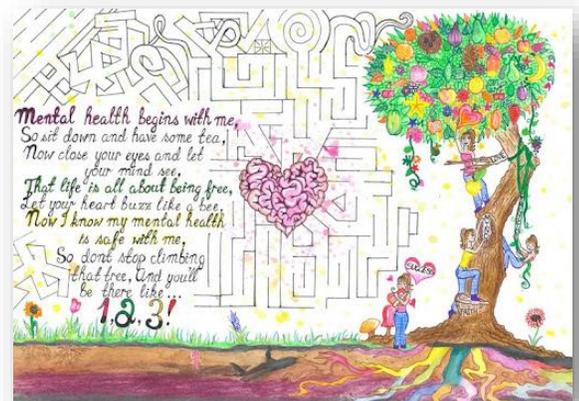
safeTALK

Learn how to support others in caring for their emotional wellness by attending this 3.5 hour training that prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources. Those who attend this training are better able to identify people who have thoughts of suicide and move beyond common tendencies to

miss, dismiss or avoid suicide. Participants must be age 15 and older. Available in English on **Wednesday, September 7th from 9:30 AM– 12:30 PM**. Please email pei@ruhealth.org to register.

Express Yourself

The act of coloring is more than just a fun break from the stress of daily life, it can be very beneficial for your mental and emotional health. Take time for yourself and color using any available art supplies (crayons, coloring pencils, markers, etc.) to create a piece of art that represents your resiliency. Be creative! Write a song, create a dance, write a poem! Share how you improved your mood through artwork or music on your social media using the hashtag #PEISEPT2022.



Fortune Teller Affirmations

Create an affirmation fortune teller. Affirmations are positive statements that increase self-esteem and decrease stress. Reinforce positive thinking with a fortune teller affirmation. Find instructions on how to make an origami fortune teller [here](#). For a list of ideas for positive affirmations click [here](#).

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World Suicide Prevention Day

Light a candle, near a window, on World Suicide Prevention Day, September 10th, at 8 PM, in support of suicide prevention, to remember a loved one lost to suicide and for the survivors of suicide. Help to share the message of suicide prevention with others.



Week Three (September 12-17) --Mental Wellness

Directing Change

Young people can take action for suicide prevention by submitting art and films to the Directing Change Program's Hope and Justice art and film contest. For September young people are asked to think about what their anchor is when they are going through a tough time. How does it remind them to stay hopeful? Then express it through art, writing, music or film. Win up to \$300! Submissions are due September 30. Learn more at: www.hopeandjustice.directingchange.org or <https://directingchange.ca.org/riversidecounty/>



For September's prompt, the Directing Change Program was inspired by the [Find Your Anchor non-profit](#). Request a Find Your Anchor box for yourself or your classroom by sending an email with the subject "Directing Change" to findyouranchor@gmail.com.

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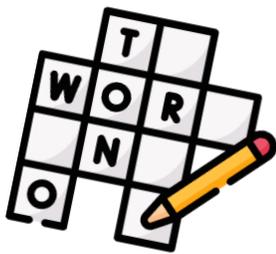
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Find the (Cross) Words

Crossword puzzles are a fun way of learning terms and facts. Challenge yourself in your knowledge about suicide prevention by downloading this crossword ([English](#)) and ([Spanish](#)) puzzle and solving all of the clues. Share it with your friends and family for a group activity!

Reach Out!

Suicide is Preventable. Familiarize yourself with a suicide prevention resource by visiting the [Know the Signs](#) website. You will find many local resources for yourself, or anyone who may be struggling and needs support. Share about the many available resources. Visit [Up2Riverside](#) to find inspirational stories of recovery and learn about resources.



Sign up for a free Know the Signs Virtual Presentation

Pain isn't always obvious, but we can all learn tools on how to reach out and help someone who may be in crisis. Register for this free 60-minute webinar to learn how to recognize the signs, find the words, and reach out. Available in English on **Wednesday, September 21st from 1:00 – 3:00 PM**. ([Register for English presentation on September 21st from 1:00-3:00 PM](#); [Register for Spanish presentation on September 14th from 2:00-4:30 PM](#)).

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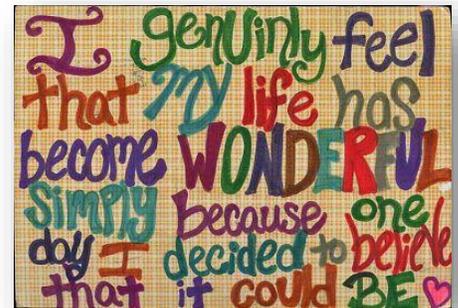


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Share Your Secret Power

Create an empowering message about your recovery on a post card. The secrets are meant to be empowering both to the author and to those who read them. These postcards can have healing powers for those who write them, be empowering and inspirational to those who read them, give hope to people who identify with the message, and can help create an anonymous community of acceptance. Be creative and don't forget to tag us on social media using the hashtag #PEISEPT2022.



The Importance of Peer Support for Suicide Loss



Losing someone to suicide can be a very isolating experience. Talking to someone else who has lost a loved one to suicide, who knows what it feels like, and is further along in recovering from their loss, can be tremendously helpful. Healing Conversations is AFSP's (American Foundation for Suicide Prevention) volunteer-led peer support program; learn more about

what this program offers and how to get involved. Available in English on September 15th from 6:00 – 7:30 PM. [Register here.](#)

Dear Me

Thinking about and writing to the future - *your future* - is a powerful exercise. Take some time to reflect on what you think - and want - the future to bring in a year, five years, ten years...more? You can use this system to build your dreams, remind yourself of your accomplishments (even if small), and as a good way to send your future-self a pep talk reminding you about your resilience and recovery. Write an encouraging letter to yourself at futureme.org or download the app [here](#). It's secure and free!



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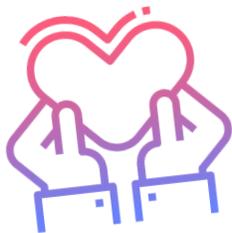
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The S Word

"A suicide attempt survivor is on a mission to find fellow survivors and document their stories of courage, insight and humor. Along the way, she discovers a rising national movement transforming personal struggles into action." This documentary film is available on the [Documentary Plus](#) streaming platform.



Week Four (September 19-24) -Social Wellness



Gratitude Prompt/Reflection: Reconnect and rebuild with those you love with gratitude. Recognize those in your life for whom you are grateful for by writing them a gratitude note telling them why and add it to your jar. Read these messages to them at the end of the week and see how a little *thanks* goes a long way.

ASIST

Applied Suicide Intervention Skills Training (ASIST) is designed as an interactive workshop that teaches participants how to recognize when someone may be at risk for suicide and work with them to create a plan that will support their immediate safety. Must be age 16 or older to attend an ASIST workshop. Available in English on **September 20th-21st from 8:30 AM– 4:30 PM.** [Register here](#)



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Connect with Others

Spend some time connecting with 3 people you have not talked or checked-in in a while. Be creative! Send a snail-mail postcard, a meaningful email or letter, or give them a call. Let them know you are there for them, and that you care.

Thriving in School

The term back to school takes on an entirely new meaning this coming year, and with it comes additional challenges and stressors for our youth. In addition to re-engaging on the usual tasks and roles that schools have typically served, there will need to be an even more vigilant effort paid to youth mental wellness. Celebrate Wellness and Promote Positive Coping Skills for youth with easy-to-follow activities to enhance basic skills for social emotional wellness. Share the journal electronically or [download](#) the individual pages. Visit the [Up2Riverside](#) page for activities to help build-up students for a successful school year.



Connect with Your Community

We are social beings, and we are not meant to live in isolation. Community is critical for us to thrive, especially for someone with mental illness who is already experiencing the common symptoms of loneliness and isolation. Community provides many elements that are critical to mental health. Some of the most important benefits are a sense of *belonging*, providing *support* to those in need, and a sense of *purpose* in our lives. Look for opportunities that align to your interests, values, and

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beliefs. No matter if your community is big or small, finding people you connect with is vital for your mental health. And remember, just as it's important for you to find your community, it's also important for others to have you as a part of their community. ***We all need each other.***

Week Five (September 26-30) – Spiritual Wellness

Build-A-Heart

Suicide Prevention Month provides an opportunity for individuals, organizations, and communities to broadcast the message that suicide can be prevented. A fun and meaningful way to create awareness is to write messages of support that, when assembled, create the shape of a heart. Create a heart wall installation in your home, community, or office setting. A fun way to show your support and build hope is to display a heart in your window along with messages of encouragement. Take pictures of your own display, or those you find, and post to your social media using the hashtag #PEISEPT2022.

Templates for the Heart Installation Wall can be found online at the Each Mind Matters Resource Center (in [English](#) and [Español](#))



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Understanding Adverse Childhood Experiences (ACEs)

Learn about adverse childhood experiences (ACEs) and the impact it has on your body and brain. During the training you will learn more about the ACEs study, why ACEs are important, the impact of toxic stress on the brain, protective factors, and coping skills to build resilience. Available in English on September 27th from 11:00am-12:00pm. [Register here.](#)

Talk Saves Lives

Suicide can be prevented. This presentation will cover what we know about this leading cause of death, the most up-to-date research on prevention, and what we can all do to fight suicide. Participants will learn the common risk factors for suicide, how to spot the warning signs in others, and how to keep ourselves, our loved ones and those in our community safe. Available in English on **September 27th via zoom from 5:00pm-6:00pm.** Interpretation in other languages available upon request. [Register here](#)



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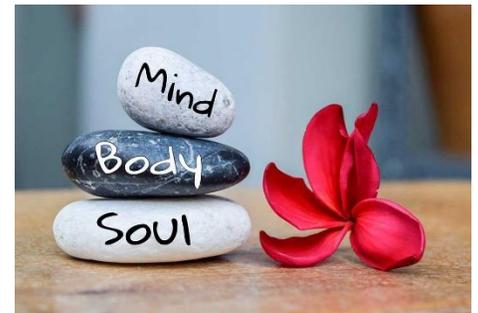


Hope Journal Bookmark Activity

A fun and easy activity that encourages Social and Emotional Learning with children, teens, and young adults is journal writing. Journal writing has been found to stimulate mindfulness, self-awareness, reduce stress and can be a helpful coping mechanism as it allows individuals to work through their thoughts and emotions. The hope journal bookmark and tip sheet can be found on the Each Mind Matters resource center in both English and Spanish [here](#). Share your creativity on your social media using hashtag #PEISEPT2022.

Rebuild Spiritually

Spirituality influences many decisions that people make. It encourages people to have better relationships with themselves, others, and the unknown. Spirituality can help you deal with stress by giving you a sense of peace, purpose, and forgiveness. It often becomes more important in times of emotional stress or illness. Spirituality means different things for different people, yet the results are the same. Take 10 minutes a day this week to pray or meditate and strengthen your mental wellness.



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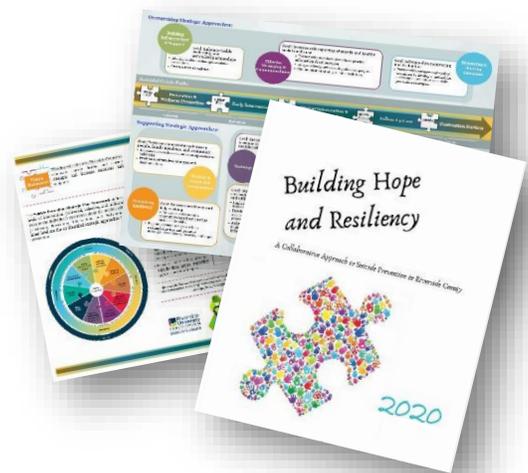


Rebuild Hope!

Send out an email of “Hope”. Find and share hopeful articles or quotes and send them to your friends, family, or colleagues. Share your messages, articles and quotes to your social media using hashtag #PEISEPT2022.

A Collaborative Approach to Suicide Prevention in Riverside County

Riverside County released its Suicide Prevention Strategic Plan in June 2020. Created with collaboration from community members from different sectors in Riverside County, it encompasses the collaborative approach needed to work toward ending suicide. Contact PEI@ruhealth.org for your digital copy of the plan or find it on the Up2Riverside Suicide Prevention Week landing page. Find out how you can become part of the Suicide Prevention Coalition to help end suicide in Riverside County!



Links

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Take Action 4 Mental Health Suicide Prevention Toolkit:

<https://www.suicideispreventable.org/prevention-kit.php>

Each Mind Matters Suicide Prevention Toolkit:

<https://www.suicideispreventable.org/prevention-kit.php>

Link to attend Stand Against Stigma Presentation:

<https://ruhealth.zoom.us/j/89391665874?pwd=S1ZGSjJUcljQ3U5RWYrYmZROFlkdz09#success>

Link to Register for Virtual Trainings:

English: <https://forms.gle/M31fLx7QvJPLQoVk9>

Spanish: <https://forms.gle/XbrDJdCJUqUm8geZ6>

Find Your Anchor website:

<https://findyouranchor.us/>

Know the Signs Crossword

Crossword Puzzle – English

https://www.suicideispreventable.org/wp-content/uploads/2021/06/Suicide_Prevent-Crossword-puzzle-2021-Eng.personal.pdf

[Eng.personal.pdf](https://www.suicideispreventable.org/wp-content/uploads/2021/06/Suicide_Prevent-Crossword-puzzle-2021-Eng.personal.pdf)

Answer Key - English

[https://www.suicideispreventable.org/wp-content/uploads/2021/06/Suicide_Prevent-Crossword-puzzle-2021-Eng.Answer-](https://www.suicideispreventable.org/wp-content/uploads/2021/06/Suicide_Prevent-Crossword-puzzle-2021-Eng.Answer-Key.pdf)

[Key.pdf](https://www.suicideispreventable.org/wp-content/uploads/2021/06/Suicide_Prevent-Crossword-puzzle-2021-Eng.Answer-Key.pdf)

Crucigrama – Español

[https://www.suicideispreventable.org/wp-content/uploads/2021/06/Suicide_Prevent-Crossword-puzzle-2021-Span-](https://www.suicideispreventable.org/wp-content/uploads/2021/06/Suicide_Prevent-Crossword-puzzle-2021-Span-personal.pdf)

[personal.pdf](https://www.suicideispreventable.org/wp-content/uploads/2021/06/Suicide_Prevent-Crossword-puzzle-2021-Span-personal.pdf)

Respuestas – Español

[https://www.suicideispreventable.org/wp-content/uploads/2021/06/Suicide_Prevent-Crossword-puzzle-2021-Span-](https://www.suicideispreventable.org/wp-content/uploads/2021/06/Suicide_Prevent-Crossword-puzzle-2021-Span-Answer-Key.pdf)

[Answer-Key.pdf](https://www.suicideispreventable.org/wp-content/uploads/2021/06/Suicide_Prevent-Crossword-puzzle-2021-Span-Answer-Key.pdf)

Reach Out!

Available Resources and Information

<https://www.suicideispreventable.org/>

<https://up2riverside.org/>

Directing Change Films:

<http://directingchange.org/RiversideCounty/>

The S Word Documentary

<https://www.docplus.com/details/the-s-word/jigdJ0xm/>

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Link to register for ASIST training:

https://docs.google.com/forms/d/e/1FAIpQLSfUubYBJ27Hklpc3uJ7KwKY0CiWhWcQY_mMoBTQwmCdkU4CYw/viewform

Scavenger Hunt

<https://takeaction4mh.com/may-is-mental-health-month/>

Link to register for Talk Saves Lives training:

<https://forms.gle/XbrDJdJUqUm8geZ6>

Hope Journal Bookmark Activity:

<https://emmresourcecenter.org/resources/hope-journal-bookmark-activity>

Fortune Teller Affirmations:

Origami folding instructions (for fortune teller):

<https://www.easypeasyandfun.com/how-to-make-a-fortune-teller/>

Ideas for Positive Affirmations:

https://www.huffpost.com/entry/affirmations_b_3527028

Heart Installation Wall:

English:

<https://emmresourcecenter.org/system/files/2020-06/EMM%20Heart%20Installation%20Tip%20Sheet%20English.pdf>

Español:

<https://emmresourcecenter.org/system/files/2020-07/EMM%20Heart%20Installation%20Tip%20Sheet%20.eversion.Spanish.pdf>

Adverse Childhood Experiences (ACEs) training registration link:

English:

<https://www.eventbrite.com/e/ace-presentation-english-tickets-397360645387>

Spanish:

<https://www.eventbrite.com/e/ace-presentation-spanish-tickets-397362350487>

Thriving in School Kit

<https://www.suicideispreventable.org/back-to-school.php>

Dear Me:

<https://www.futureme.org/>