




















# Riverside County September is Suicide Prevention Awareness 2022 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>This September we focus on <b>Thriving At All Ages</b> by exploring ways we can <b>strengthen our physical and emotional wellness</b> at different stages of life. Together we can <b>Take Action for Mental Health</b> by building resiliency at all ages. This month we honor 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 <b>#PEISEPT2022</b>.</p>							
<b>Week 1: Physical Wellness</b>			1	2	3		
	<p>Find full descriptions of the activities on the <a href="#">PEI Activity Guide</a>. (<a href="#">English</a>) (<a href="#">Spanish</a>)</p> <p>To reach out for support online, visit <a href="http://Takemyhand.co">Takemyhand.co</a></p>			<p><b>Scavenger Hunt</b> Embark on a mental health scavenger hunt indoors or outside using this <a href="#">guide</a>.</p> <p><b>Stand Against Stigma</b> 10:30am-11:30am</p>	<p><b>Make a Move Towards Wellness</b> Make a plan to rebuild your physical health by incorporating a new exercise routine</p> 	<p><b>Take A Breath</b> Schedule a breath break. Deep breathing is one of the best ways to lower stress in the body.</p> 	
<b>Week 2: Emotional Wellness</b>		5	6	7	8	9	10
	<p><b>Attitude of Gratitude</b> Start a gratitude jar! Write down messages of hope and what you are grateful for throughout the week. Encourage friends and family to participate</p>	<p><b>Improve Your Mood</b> Make a playlist—songs to lift you up or soothe.</p> 	<p><b>SafeTALK</b> 9:30am—12:30pm <b>Rustin Conference Center</b> Learn how to recognize when someone is thinking about suicide and connect them to support.</p>	<p><b>Express Yourself</b> Create! Color, draw, make a song, or create a dance that represents your resiliency</p> 	<p><b>Fortune Teller Affirmations</b> Make an origami fortune teller with positive affirmations</p>	<p><b>World Suicide Prevention Day</b> Light a candle &amp; have a moment of silence to remember the lives lost to suicide at 8pm.</p>	
<b>Week 3: Mental Wellness</b>		12	13	14	15	16	17
	<p><b>Directing Change</b> Use art, writing, music, or film to describe what keeps you anchored during tough times. Win up to \$300!</p> 	<p><b>Find the (Cross) Words</b> Download this <a href="#">crossword</a> puzzle and try to solve all of the clues.</p> 	<p><b>Learn More</b> Familiarize yourself with a suicide prevention <a href="#">resource</a>.</p> 	<p><b>Share Your Secret</b> Send a postcard with a message of what helped you choose recovery. <b>Peer Support for Suicide Loss</b> 6:00pm-7:30 pm</p>	<p><b>Dear Me</b> Write a letter to your future self (<a href="http://futureme.org">futureme.org</a>)</p> 	<p><b>'THE S WORD'</b> This documentary film is available on the <a href="#">Documentary Plus</a> streaming platform</p>	
<b>Week 4: Social Wellness</b>		19	20	21	22	23	24
	<p><b>Gratitude Jar Activity</b> Prompt/Reflection: Recognize those in your life; who are you grateful for and why.</p> 	<p><b>ASIST—Day 1</b> 8:30am-4:30pm Learn how to recognize when someone may be at risk for suicide and plan for their safety.</p> 	<p><b>ASIST— Day 2</b> <b>Know the Signs (English)</b> 1:00pm-3:00pm Learn tools on how to reach out and help someone that may be in crisis.</p>	<p><b>Connect With Others</b> Connect with 3 people (letter, email, etc.) If you are contacted, connect with 3 other people.</p>	<p><b>Thriving in School</b> Download and use the <a href="#">Mental Health Thrival Kit</a> and visit the <a href="#">Up2Riverside</a> page for activities to help build up students.</p>	<p><b>Connect with your Community</b> Participate in some volunteer work in your community this weekend.</p>	
<b>Week 5: Spiritual Wellness</b>		26	27	28	29	30	
	<p><b>Build-a-Heart</b> Create a heart window or wall display at home or work place with words of encouragement.</p> 	<p><b>Adverse Childhood Experiences (ACES) training</b> 11:00am-12:00pm</p> <p><b>Talk Saves Lives</b> 5:00pm-6:00pm</p>	<p><b>Hope Journal Bookmark</b> Print a <a href="#">bookmark</a> and pick a writing prompt to decorate a journal or a piece of paper.</p> 	<p><b>Rebuild Spiritually</b> Engage in a brief meditation to care for your spiritual wellbeing</p>	<p><b>Rebuild Hope</b> Share a hopeful article or quote with family, friends or co-workers. Share on your social media.</p> 	<b>#PEISEPT2022</b>	
<p>Help is within reach: <b>Inland SoCal United Way Helpline</b> (951) 686-HELP (4357)</p>		<p><b>National Suicide Prevention Lifeline</b> 1-800-273-TALK (8255)</p>		<p><b>RUHS-Behavioral Health Access Line</b> 1-800-499-3008</p>			