

Riverside County September is Suicide Prevention Awareness 2022 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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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 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**.

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