



SEPTEMBER IS SUICIDE PREVENTION MONTH

JOIN US DURING ONE OF OUR TRAININGS!

Increasing awareness and access to resources & supports.

Mental Health 101

Wed, Sept. 6
10 a.m. to Noon
Online

Know the Signs

Mon, Sept. 11
10 a.m. to Noon
Online

Adult Mental Health First Aid (AMHFA)

Tue, Sept. 19
8:30 a.m. to 5:30 p.m.
Rustin Conference Center
2085 Rustin Ave, Riverside

Selfcare & Wellness

Fri, Sept. 21
1 to 3 p.m.
Online

Building Resiliency & Understanding

Tue, Sept. 26
9 to 11 a.m.
Online

safeTALK

Wed, Sept. 27
9 a.m. to 12:30 p.m.
Rustin Conference Center
2085 Rustin Ave, Riverside

National Suicide Prevention Month is when individuals, organizations, and communities nationwide join their voices to amplify the message that suicide can be prevented.

REGISTER TODAY!

bit.ly/PEIvirtual



For more information, contact:

Prevention and Early Intervention

951-955-3448

pei@ruhealth.org

www.rivcospc.org



If you speak another language, language assistance services, free of charge, are available to you. Call 1-951-486-4320 (TTY: 711). Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-951-486-4320 (TTY: 711).