



# SEPTEMBER IS **SUICIDE** PREVENTION MONTH

## JOIN US DURING ONE OF OUR TRAININGS!

*Increasing awareness and access to resources & supports.*

### Mental Health 101

**Wed, Sept. 4**  
2 to 4 p.m.  
*Online*

### Know the Signs

**Mon, Sept. 9**  
**Mon, Sept. 23**  
9 to 11 a.m.  
*Online*

### Adult Mental Health First Aid (AMHFA)

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

### Selfcare & Wellness

**Thurs, Sept. 12**  
9 to 11 a.m.  
*Online*

### Building Resiliency & Understanding Trauma

**Thurs, Sept. 19**  
2 to 4 p.m.  
*Online*

### safeTALK

**Wed, Sept. 4**  
**Wed, Sept. 10**  
**Wed, Sept. 25**  
9 a.m. to 12:30 p.m.  
**Rustin Conference Center**  
2085 Rustin Ave, Riverside

### Applied Suicide Intervention Skills Training (ASIST)

**Tue, Sept. 10**  
**Wed, Sept. 11**  
8:30 a.m. to 4:30 p.m.  
**Rustin Conference Center**  
2085 Rustin Ave, Riverside

## REGISTER TODAY!

[bit.ly/PEIvirtual](https://bit.ly/PEIvirtual)



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

For more information, contact:

**Prevention and Early Intervention**

951-955-3448

[pei@ruhealth.org](mailto:pei@ruhealth.org)

[www.rivcospc.org](http://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).*



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