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Social Services | Public Health | Behavioral Health

news release

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September is Suicide Prevention Awareness Month

September is Suicide Prevention Awareness Month in Humboldt County, and the Humboldt County Department of Health & Human Services (DHHS) is partnering with community groups to bring attention to suicide prevention efforts through events and trainings.

This year across California, Take Action for Mental Health: California's Mental Health Movement, is encouraging a special focus to "Share Hope Together."

The theme reflects the importance, value and power of the act of sharing hope, stories, time, resources and experiences which can serve as a powerful tool in suicide prevention. By sharing hope with one another and throughout our communities, we can support and help connect individuals to resources—allowing us to take action for suicide prevention together, according to the statewide suicide prevention campaign, Know the Signs.

In an effort to create opportunities to share hope, the Humboldt County Suicide Prevention Network and community partners across the county are offering virtual events and resources during the month of September and throughout the year.

On Sunday, Sept. 10, in honor of World Suicide Prevention Day, the American Foundation for Suicide Prevention will host its Out of the Darkness Community Walk at the Arcata Plaza. Register at afsp.org/Arcata. Check in starts at 9 a.m. and the walk starts at 10.

On Friday, Sept. 15, Holding Space: for Suicide Prevention & Awareness, will take in the Garberville Town Square from 5 to 7 p.m. This community event will include live music, food, art and community referrals to resources.

This fall, there will be two opportunities to learn the basics of suicide prevention. On Tuesday, Sept. 21, DHHS-Public Health will deliver a virtual Question, Persuade, and Refer (QPR) Suicide Prevention training from 10 to

11 a.m. A second session will be available on Tuesday, Oct. 24, from 10 to 11 a.m. Visit bit.ly/QPR-Humboldt to register for either.

Wondering what else you can do?

- Talk to your employer about bringing a suicide prevention training to your workplace to teach suicide warning signs, like how to ask, “Are you thinking about suicide?” when someone is struggling. Learn more by visiting DHHS Public Health’s Training and Education page: humboldt.gov/2074/Trainings-and-Education
- Join the Humboldt County Suicide Prevention Network (SPN) or sign-up for the [Suicide Prevention Network email list](#) to broaden your network. The SPN meets bi-monthly via Zoom and all are welcome. Email humboldtspn@gmail.com for more information.

If you are concerned for yourself or someone else, know you are not alone, we can all play a role in preventing suicide, and help is available. Contact any of the following 24-hour hotlines:

- [Suicide Prevention Lifeline](#): 988, press 1 for Veterans. [Ayuda en Español](#): 988.
- [Crisis Text Line](#): Text HOME to 741741
- Call the 24-hr Behavioral Health Crisis Line at 707-445-7715 or toll-free 888-849-5728.

Additional support can be found by exploring an expanded list of resources, click on the link [here for Suicide and Violence Prevention Resources for Service Providers in English](#) and [here for resources in Spanish](#).

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