



Connie Beck, Director
Social Services | Public Health | Behavioral Health

news release

Sept. 7, 2021

Suicide Prevention Awareness focus of September events

The Humboldt County Department of Health & Human Services (DHHS) and community partners are offering virtual events, trainings and resources during the month of September to bring awareness to suicide prevention efforts locally.

The American Foundation for Suicide Prevention's Out of the Darkness Arcata Walk will be held virtually on Sunday, Sept. 12. Register at afsp.org/Arcata.

DHHS's Public Health staff is providing [Livingworks Start](#), a 90-minute self-paced training online. To request this training for free while supplies last, email publichealthsvp@co.humboldt.ca.us.

On Thursday, Sept. 30, United Indian Health Services and Public Health staff will deliver a virtual Question, Persuade, and Refer (QPR) Gatekeeper training from 1:30 to 3 p.m. Visit qprsept2021.eventbrite.com to register.

Want to learn more? Join the [Humboldt County Suicide Prevention Network \(SPN\)](#) or sign-up for the [SPN email list here](#) to broaden your network. The SPN meets bi-monthly via Zoom and all are welcome.

Everyone can play a role in suicide prevention by sharing resources, spreading messages of hope and learning the basics of suicide prevention.

If you are concerned for yourself or someone else, know you are not alone, suicide is preventable and help is available. Contact any of the following 24-hour hotlines:

- [Suicide Prevention Lifeline](#): 1-800-273-8255, press 1 for Veterans.
- [Ayuda en Español](#): 1-888-628-9454.
- [Crisis Text Line](#): Text HOME to 741741

- [DHHS Behavioral Health](#): 24-hr Behavioral Health Crisis Line 707-445-7715 or toll-free 1-888-849-5728

Additional support is also available by calling the Behavioral Health Warm Line at 707-268-2999 Monday through Friday, 8 a.m. to 5 p.m.

For more resources, click on the link to download the [Stigma, Suicide and Violence Prevention Resources for Service Providers](#) list in English and here for the [resource list in Spanish](#).

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