SAN BERNARDINO COUNTY | Behavioral Health

Suicide Prevention Week 2016

Today's Tip and Your Challenge

Thursday, September 8

Invite young people to play a role in suicide prevention.

Helping young people learn the warning signs and how to intervene is a crucial life skill that will prepare them to support their friends and family members. Fortunately, there are many exciting programs that offer unique and interesting ways to engage young people in suicide prevention.

The **Directing Change Program & Film Contest** encourages young people ages 14-25 to create 60-second films about suicide prevention and mental health. Host a local screening, encourage young people to submit a film to the contest, or host a local screening, or ask your local movie theater to show a film. To view and download films and find several suicide prevention resources for schools and young people, visit www.DirectingChange.org.

Active Minds Suicide Prevention Month 2016 is encouraging supporters to highlight the reasons they speak up about mental health and suicide prevention by using the hashtag #ReasonsISpeak and cumulating in Active Minds National Day Without Stigma on October 3, 2016. A cornerstone of Active Minds Suicide Prevention Month is their blog series, which features the stories of suicide attempt survivors and survivors of suicide. For blogs, social media events and Twitter chats visit www.ActiveMinds.org/SuicidePrevention.

Challenge!

Take 60 seconds to watch one Directing Change film today and share it via social media with #directingchange and #eachmindmatters.

EachMind MATTERS California's Mental Health Movement | CalMHSA | DS | KNOW THE SIGNS | suicideispreventable.org

Funded by counties through the Mental Health Services Act (Prop 63).