



WELLNEWS



A MONTHLY WELLNESS NEWSLETTER

SEPTEMBER 2023 • ISSUE 5 • VOLUME 2

Share Hope Together FOR SUICIDE PREVENTION

KNOW THE SIGNS. FIND THE WORDS. REACH OUT.

SUICIDE PREVENTION WEEK: SEPTEMBER 10TH - 16TH, 2023
WORLD SUICIDE PREVENTION DAY: SEPTEMBER 10TH, 2023



SMARTPHONE APPS

- [MY3](#)
- [What's Up Safehouse](#)
- [A Friend Asks](#)
- [Better Stop Suicide](#)
- [Suicide Safety Plan](#)

APP

Everyone can play a role in suicide prevention by knowing the signs of suicide, finding the words to support a friend or family member, and by reaching out and promoting local and national resources. Suicide is preventable and together we can make a difference! Check out the links below for more information and guidance:

- [Suicide Prevention Activity Sheet](#)
- [SuicideisPreventable.org](#)
- [Up2Riverside.org](#)
- [EachMindMatters.org](#)

CRISIS RESOURCES

**Riverside County
Crisis Helpline**

(951) 686-HELP (4357)

Crisis Text Line

Text HELLO to 741741

Trevor Lifeline

(866) 488-7386 or
Text START to 678678

**CA Youth Crisis
Hotline**

(800) 843-5200

**Suicide & Crisis
Lifeline**

Call 988

