



WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

SEPTEMBER 2021 • ISSUE 1 • VOLUME 2

Supportive Transitions

Reenter
Reconnect
Rebuild

Suicide Prevention Week: September 5-11, 2021
World Suicide Prevention Day: September 10
National Recovery Month: September



suicideispreventable.org

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 to and promoting local and national resources. Follow the links below for additional information and guidance:

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



CRISIS RESOURCES

**Riverside County
Crisis Helpline**

(951) 686-HELP (4357)

**National Suicide
Prevention Lifeline**

(800) 273-TALK (8255)

Text TALKWITHUS to 66746

Crisis Text Line

Text HOME to 741741

Trevor Lifeline

(866) 488-7386 or

Text START to 678678

CA Youth Crisis

Hotline

(800) 843-5200

