

# NEWS

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For Immediate Release

## “Share Hope Together” Campaign Aims to Prevent Suicide Through Community Connections

**Redwood City** – The County of San Mateo invites all residents to learn about the warning signs of suicide and share stories of hope in a campaign to prevent suicide.

The campaign, called “[Share Hope Together](#),” includes a series of events that aim to prompt conversations about the importance of mental health. The campaign also encourages individuals to share personal stories as well as information on where to turn to for support.

The Board of Supervisors on Tuesday, Sept. 12, is expected to proclaim September as [Suicide Prevention Month](#).

“When I was 16, my 22-year-old brother lost his life to depression and suicide,” said Supervisor Noelia Corzo, who is sponsoring the proclamation. “I hope that by sharing my experience and proclaiming September Suicide Prevention Month, it will remind our community that we are not alone, that help is available, and that learning about suicide prevention can literally save lives.”

To help raise awareness, a series of “[Be Sensitive, Be Brave for Suicide Prevention](#)” trainings are taking place across San Mateo County. The free two-hour trainings teach “community members to act as eyes and ears for suicidal distress and to connect individuals to help.” [Learn more](#).

“We can all help prevent suicide,” said Jei Africa, director of Behavioral Health and Recovery Services. “Research shows that acknowledging and asking about suicide in a supportive and caring way may reduce suicide risk. This is the reason why we focus on efforts to educate the community about the warning signs of suicide but more importantly on how to connect folks to appropriate resources.”

County Health provides a list of additional [events and trainings taking place throughout the month](#).

Flyers are available on the site in [Spanish](#), [Traditional Chinese](#), [Simplified Chinese](#) and [English](#).

**If you or someone you know is struggling or in crisis,  
contact these 24/7 CRISIS hotlines:**

**Call 650-579-0350 or 988**

**Text “Bay” to 741-741 or 988**

**Visit [SanMateoCrisis.org](http://SanMateoCrisis.org)**

(988 is now the three-digit dialing code that routes callers to the [988 Suicide & Crisis Lifeline](#))

**In an emergency, call 9-1-1 or go to the nearest emergency room.**

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**COUNTY OF SAN MATEO**

