

Karyn Tribble, PsyD, LCSW
Director



Greetings, all BHD Team Members & Stakeholders.

September is Suicide Prevention Awareness Month, a time dedicated to raising awareness, galvanizing support, and offering prevention and wellness strategies across communities on all matters designed to wrap around individuals or loved ones in need of support. Behavioral Health Wellness is something that we must all aspire to achieve on a daily basis - and every year in September - we may all collectively, and with understanding, prioritize Suicide Prevention and Awareness for the community.

World Suicide Prevention Day (WSPD) was established in 2003 by the International Association for Suicide Prevention in conjunction with the [World Health Organization \(WHO\)](#). The 10th of September each year aims to focus attention on the issue, reduces stigma and raises awareness among organizations, governments, and the public - giving a singular message that suicides are preventable.

The following tools have been provided through a variety of sources and are designed to help you or others around you consider ways in which you might make a difference. Feel free to learn more, locally, through online training including an upcoming training on Monday, September 3, 2024 (***YOUTH Focused Suicide Assessment & Intervention Training*** - flyer attached) or through your own personal exploration.

[NAMI SuicidePreventionMonth Toolkit 2024.pdf](#)

[Promote National Suicide Prevention Month - 988 Lifeline](#)

[Statement by Secretary Xavier Becerra - National Suicide Prevention Month | HHS.gov](#)

<https://www.cdc.gov/suicide/php/toolkit/index.html>

[Suicide Prevention Month | NAMI](#)

[National Strategy for Suicide Prevention Toolkit \(samhsa.gov\)](#)

[Other Resources - Suicide Prevention Month 2024 - Search News \(bing.com\)](#)

If you see something, say something. If someone is in need, we are all in need. A safer community can be realized through a sense of community and support.

In partnership,

**Office of the Director
Alameda County Behavioral Health Department**