
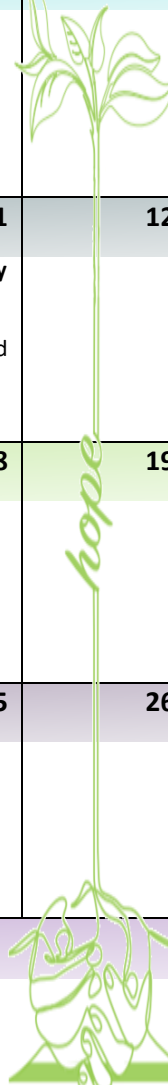









Riverside County September is Suicide Prevention Awareness and National Recovery Month 2020 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
"Hope, Resilience & Recovery" is the theme for September – honoring Suicide Prevention Week (9/6-9/12), World Suicide Prevention Day (9/10), and National Recovery Month. Hang this calendar and join in the activities to help support mental wellness – in yourself and in others. Share to social media! #PEISEPT2020							
Week 1: Build Hope		1	2	3	4	5	
		The Heart Hunt Create a "Heart Installation" in your window, or a wall display at your place of work, with encouraging statements to build hope.	Know the Signs Learn about suicide prevention in this virtual presentation. 9:00-10:00 AM Contact PEI@ruhealth.org to register.	Inspire Hope! Share a hopeful article or quote with family, friends or co-workers.	Friday Fun Day Play the Suicide Prevention Loteria (Bingo) game with your loved ones.		
Week 2: Build Resilience		7	8	9	10		11
	Hope Journal Bookmark Decorate a journal or piece of paper. Print the bookmark from EMM website and pick a writing prompt. Express yourself and build resiliency.	Improve Your Mood Color or draw for 5 minutes. Or listen to your favorite upbeat songs.  	Self-Care Plan Complete an activity to care for your emotional, mental and physical health. Incorporate progressive muscle relaxation into your daily routine.	World Suicide Prevention Day  Light a candle at 8:00 PM and take a moment of silence to remember the lives that have been lost to suicide.	Building Hope and Resiliency Read up on the newly released suicide prevention plan for Riverside County and find out how to get involved in the coalition! Visit Up2Riverside.org		
Week 3: Focus on Recovery		14	15	16	17		18
	Fortune Teller Affirmations Make an origami fortune teller with positive affirmations. 	Mental Health 101 Learn about mental health and stigma reduction. Virtual presentation 10:00-11:00 AM Contact PEI@ruhealth.org to register.	Reach Out For Recovery Make a point to reach out to someone in your life and let them know you are thinking about them and that you care.	Share Suicide Prevention Resources Provide behavioral health resources on your social media.	Movie Night Movies with messages of recovery and hope are a great way to fill free time and focus on your recovery.		
Week 4: Express Gratitude		21	22	23	24	25	
	Attitude of Gratitude Start a gratitude jar! Write down messages of hope and what you are grateful for throughout the week.	Gratitude Jar Activity Prompt/Reflection: What made you smile today?	Gratitude Jar Activity Prompt/Reflection: What was the best part of your day?	Gratitude Jar Activity Prompt/Reflection: What is one small victory you had today?	Gratitude Jar Activity With your family/friends go over all the gratitude from the week.	26	
Week 5: Connect with Others		28	29	30			
	Trivia Night Play the Suicide Prevention Trivia game.	One Rose, One Thorn Identify one good thing and bad thing that happened today.	Directing Change Screening Grab your popcorn and watch Directing Change films with your loved ones.	Find full descriptions of the activities on the PEI Activity Guide			
Help is within reach: Local Suicide Crisis Line COVID-19 Info line National Suicide Prevention Lifeline RUHS-Behavioral Health Access Line (951) 686-HELP 2-1-1 1(800)273-TALK 1(800)706-7500							