Suicide Prevention and   
Recovery Month

In the month of September, we focus on Suicide Prevention – so we can decrease the stigma related to the topic of suicide and increase awareness about suicide prevention. The month of September also recognizes National Recovery Month – to increase awareness and understanding of mental and substance use disorders and celebrate recovery. Starting conversations that encourage help-seeking can build resiliency in our communities.

The theme for this September is “***Hope****,* ***Resilience****, and* ***Recovery***.” We have a lot of activities that everyone can do safely, and virtually, to spread the message about suicide prevention, emotional resiliency, recovery and hope.

Please see the [2020 Activities Calendar](https://healthycampus.ucr.edu/document/suicide-prevention-awareness-2020-activity-calendar) from the Riverside County University Health System – Behavior Health to get started.

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| Information and Resources |
| * [UCR Healthy Campus Mental Health subcommittee](https://healthycampus.ucr.edu/sub-committees/mental-health) * [Mental Health Fireside Chats](https://healthycampus.ucr.edu/sub-committees/mental-health) * [UCR Counseling and Psychological Services (CAPS)](https://mentalhealth.ucr.edu/) * [Know the Signs - RUHS](https://www.suicideispreventable.org/) * LivingWorks-Start Most people are surprised to learn that they’re much more likely to encounter someone who’s thinking about suicide than someone who needs CPR. Yet suicide is preventable: with the right skills, anyone can help save a life. That’s where a program like LivingWorks Start comes in. In as little as one hour online, this interactive training program will give you the skills and knowledge to keep students, co-workers, family, friends, and others safe from suicide. UCR Counseling and Psychological Services (CAPS) and Healthy Campus are collaborating with Riverside-San Bernardino County Indian Health, Inc., Behavioral Health Services Department to bring this training to our campus for ***free***.   + [LivingWorks-Start Training](https://connect.livingworks.net/groupsignup?portal=rsbcihi) (registration code: University of California –Riverside)     - To login, use your UCR email address and create a password. The email address that is used to register and login for the first time to ***start*** should be used each time you log on.   + This training is only available until September 30, 2020 with limited seats available – register today |

We hope you find these tips and resources helpful. [UCR Healthy Campus](https://healthycampus.ucr.edu/) and the [Faculty/Staff Wellness Program](https://hr.ucr.edu/about-us/workplace-health-wellness/wellness) remains committed to the health and well-being of the campus community.

If you have any questions or would like more information, feel free to reach out to [healthycampus@ucr.edu](mailto:healthycampus@ucr.edu) or [wellness@ucr.edu](mailto:wellness@ucr.edu).

Stay safe and healthy!