



# Project Safety Net

PSN Kicks Off September  
Suicide Prevention Awareness Month

September 2, 2021

4:00 – 5:00 p.m.

# Project Safety Net

## Mission

Project Safety Net (PSN) mobilized community support and resources in Palo Alto for youth suicide prevention and mental wellness. We are a coalition working on community education, outreach, and training; access to quality youth mental health services; and policy advocacy.

Our work is:

- Facilitated by ongoing collaboration, coordination, and communications;
- Enhanced by evaluation & shared measurement; and
- Built on a backbone of sustainability for collective impact.



# Welcome!

## Please introduce yourself in the chat box:

- Name/pronouns
- Affiliation, or the community that you live or work in!
- What has brought you joy recently?

“Remember that laughter, joy,  
and silliness is healing!”

Reference:

<https://www.acknowledgealliance.org/reconnection>

# SEPTEMBER 2021



**SUICIDE  
PREVENTION  
AWARENESS  
MONTH**



psnyouth.org

# Housekeeping

- Mute your mics
- Meeting will be recorded and shared
- Use the chat box for questions and comments
- There will be time to discuss and share. We encourage you to have your videos on then!



# Meeting Agenda

- 4:00 PM Welcome and Agenda Review
- 4:05 PM Opening Remarks and Thank You
- 4:10 PM Know the Signs Activity
- 4:20 PM PSN September Suicide Prevention Awareness Month
- 4:55 PM Closing



# Opening Remarks

***“Our fingerprints  
don’t fade from the  
lives we touch.”***

*Judy Blume*



# Thank You!



Project Safety Net  
**September Suicide  
Prevention Awareness Month**



## A BIG THANK YOU TO OUR SPONSOR:



CITY OF  
**PALO ALTO**



**Project Safety Net** mobilizes community support & resources for youth suicide prevention and mental wellness. We envision a community where youth and young adults feel safe, supported, and accepted.

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We thank you for your commitment to PSN's mission and vision.



Website: [psnyouth.org](https://psnyouth.org)

Facebook: [@psnyouth](https://www.facebook.com/psnyouth)

Donation page: [bit.ly/donatePSN](https://bit.ly/donatePSN)



# Know the Signs Activity

We'll pair up in break-out rooms! (6 mins)

1. Introduce yourself to each other
2. Identify the answer to the crossword puzzle associated with your break-out room number

<https://emmresourcecenter.org/system/files/2021-07/Suicide%20Prevention%20Crossword%20Puzzle-Eng.Personal.pdf>

- For example, if you are in break-out room #1, find the answer to 1 across
- If you are in break-out room #2, find the answer to 2 down





# PSN September Suicide Prevention Awareness Month 2021

**We will amplify resources and action ideas every week:**

Youth mental health and suicide prevention resources: <https://psnyouth.org/resources>

**This month, PSN hosts virtual activities and events:**

- **Question, Persuade, Refer (QPR)** gatekeeper training in partnership with Santa Clara County Suicide Prevention Program
- Community Events:
  - **Wed, 9/22, 3:30 – 5:30 p.m.**  
Building a Resilient Community with Our Youth: Self-Care for the Supporters
  - **Fri, 9/24, 11:00 a.m. – 12:30 p.m.**  
PSN Policy and Advocacy event featuring Santa Clara County Supervisor Joe Simitian and Alex Briscoe, California Children's Trust



# SEPTEMBER 2021 SUICIDE PREVENTION AWARENESS MONTH

## Join Project Safety Net

Entire  
Month

**PSN challenges you to  
Take One Action!**



Scan  
to access  
challenges

9/2  
4 pm

**PSN Kicks Off September Suicide Prevention  
Awareness Month**

9/22  
3:30 pm

**PSN Community Forum  
Building a Resilient Community with Our Youth:  
Self-Care Practices for the Supporters**

9/24  
11:00 am

**PSN Policy and Advocacy Community Event  
Featuring: Santa Clara County Supervisor Joe  
Simitian and Alex Briscoe, California Children's Trust**

Register

**Registration links and a list of community  
activities on the PSN website!**

**Crisis Text Line:** Text "BAY" or "RENEW" to 741741  
**Santa Clara County Crisis Hotline:** 1-855-278-4204  
**San Mateo County Crisis Hotline:** 1-650-579-0350  
**National Suicide Prevention Lifeline:** 1-800-273-8255  
**Trevor Lifeline (LGBTQIA+):** 1-866-488-7386



psnyouth.org

Thank you to our sponsors: **City of Palo Alto** and **San Mateo County Behavioral Health and Recovery Services Office of Diversity and Equity!**

# SEPTEMBER 2021 SUICIDE PREVENTION AWARENESS MONTH

## Take One Action!

We challenge you to take one action to promote youth suicide prevention and mental wellness! Snap a picture of what you did and caption it. Post on social media and use the hashtags: **#PSNyouth #PSN1action #YouthSuicidePrevention #PSNcollectiveimpact**. Send it over to Project Safety Net ([info@psnyouth.org](mailto:info@psnyouth.org)) and we will share your content!

Learn how to  
ask directly  
about suicide

Actively listen to  
a young person  
about a topic of  
their choosing

Learn the warning  
signs of suicide  
[suicideispreventable.org](https://suicideispreventable.org)

**On World Suicide  
Prevention Day (9/10)**  
[take5tosavelives.org](https://take5tosavelives.org)

Let us know what  
action you think  
creates suicide  
prevention

Explore and add a  
new practice to  
your mental health  
toolkit

Get trained on how  
to help a youth  
experiencing crisis  
or challenges

Creatively  
promote a  
mental health  
resource

Initiate  
a conversation on  
preventing youth  
suicide

**Crisis Text Line:** Text "BAY" or "RENEW" to 741741  
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**National Suicide Prevention Lifeline:** 1-800-273-8255  
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# Community Events

Listed here:

<https://www.psnnyouth.org/community-events/>



For full list of events & registration, visit [smchealth.org/suicide-prevention-month](http://smchealth.org/suicide-prevention-month)

Wed 1	Mental Health Substance Abuse Recovery Commission 3:30pm	Tue 14	Board of Supervisor Proclamation 9am
Fri 10	Music & Poetry for World Suicide Prevention Day 6pm		
Mon 13-20	TAG You're It: Reconnect, Reenter, Rebuild All Week	Sat 18	Youth Panel on Intersectionality 10:30am
Wed 22	Building a Resilient Community w/ Our Youth 3:30pm	Sat 25	Be Sensitive Be Brave Suicide Prevention Workshop - Youth 4pm
Sun 26	Connecting with Community for Youth 2pm	Thur 30	Be Sensitive, Be Brave: Suicide Prevention Workshop - Adults 4pm

If you or someone you know is having thoughts of suicide, contact one of these 24/7 hotlines:  
 National Suicide Prevention Lifeline: 1-800-273-8255  
 StarVista Crisis Hotline: 650-579-0350  
 Crisis Text Line: Text "Home" to 741-741

Advocacy Events Events hosted by partners

SAN MATEO COUNTY HEALTH BEHAVIORAL HEALTH & RECOVERY SERVICES STAR VISTA

@SMCHHealth

823 VILLA STREET  
MOUNTAIN VIEW, CA 94041

presented by  
**To Be Honest**  
a program of Momentum for Health

## SEPTEMBER 17-19, 2021

**FRIDAY, SEPTEMBER 17TH: 4PM TO 9PM**

**EVENT KICK-OFF: 4PM TO 6PM**

- Support local artists, ages 14 to 25, by browsing and purchasing their works of art!
- Listen as the young artists share the importance of art & mental health
- Create art in real-time with supplies provided (to be displayed on Sunday)
- Enjoy some good food and music

**SATURDAY, SEPTEMBER 18TH: 4PM TO 9PM**

- Stop by to view and purchase artwork from local youth ages 14 to 25!
  - (The artists who display and sell their art will be different each day).
- Create art in real-time with supplies provided (to be displayed on Sunday)
- Saturday attendees will be entered into a raffle to win a special prize. The raffle drawing will take place on Saturday at 8pm.

**SUNDAY, SEPTEMBER 19TH: 9AM TO 1PM**

- Stop by to view and purchase artwork from local youth ages 14 to 25!
  - (The artists who display and sell their art will be different each day).
- View the pieces of art that were created on Friday and Saturday
- Watch local youth express themselves through live performances

STOP BY DURING THE FARMER'S MARKET!

VISIT [TOBEHONEST.TODAY](http://TOBEHONEST.TODAY) TO LEARN ABOUT THE TBH PROGRAM.

To Be Honest is supported by Santa Clara County District 4 Inventory Funds, BetterHelp, Republic Urban Properties and Kaiser Permanente's Northern California Community Benefit Programs.

TWITTER: @TOBEHONESTTODAY FACEBOOK: @TOBEHONESTTODAY INSTAGRAM: @TOBEHONEST.TODAY



**Take The Youth Mental Health First Aid Training**

*For adults assisting young people*

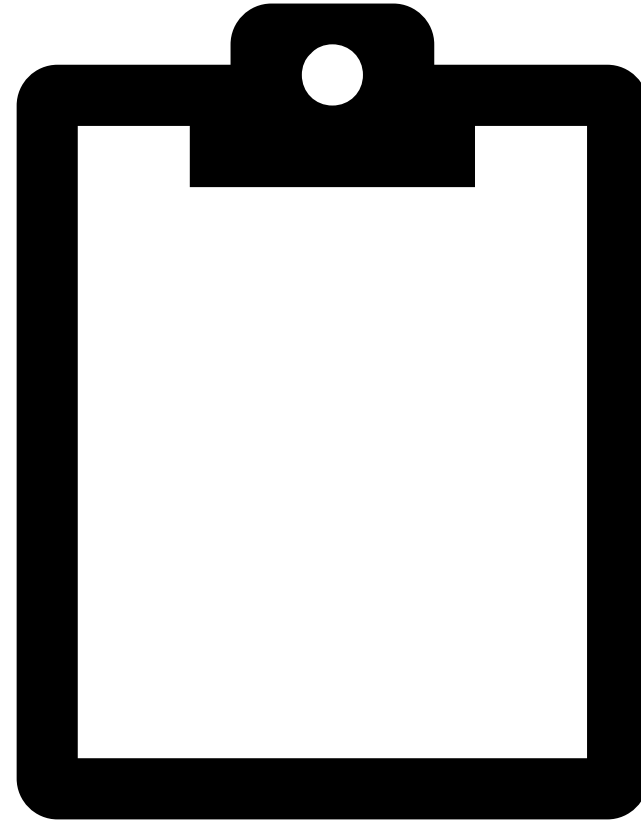
Recognize the signs • Know how to respond • Be a Lifeline



# Help shape future programs!

Please complete the survey.

<https://tinyurl.com/PSNSepKickoff>



# Connect with us!

## PROJECT SAFETY NET

WEBSITE & SOCIAL MEDIA DEBUT

WEBSITE: [www.psn youth.org](http://www.psn youth.org)

INSTAGRAM: [@psn\\_youth](https://www.instagram.com/psn_youth)

TWITTER: [@psnyouth](https://twitter.com/psnyouth)

FACEBOOK: [@psnyouth](https://www.facebook.com/psnyouth)

GENERAL INQUIRIES: (650) 460-8302  
[info@psnyouth.org](mailto:info@psnyouth.org)



## PROJECT SAFETY NET

WEBSITE & SOCIAL MEDIA DEBUT

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# Project Safety Net

## Vision

Young people are empowered, in partnership with the whole community, to advocate for themselves and their peers. Youth suicide is ended. Stigma is non-existent, and high-quality mental health services are culturally-relevant, accessible, and well-utilized. We envision a community where youth and young adults feel safe, supported, and accepted.



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