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
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 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
Facebook: @psnyouth
Donation page: 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


• 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!

4 pm
PSN Kicks Off September Suicide Prevention Awareness Month

3:30 pm
PSN Community Forum
Building a Resilient Community with Our Youth: Self-Care Practices for the Supporters

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: 1-650-579-0550
National Suicide Prevention Lifeline: 1-800-273-8255
Trevor Lifeline (LGBTQIA+): 1-866-488-7386

psnyouth.org

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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!
Community Events

Listed here: https://www.psnyouth.org/community-events/
Help shape future programs!

Please complete the survey.

https://tinyurl.com/PSNSepKickoff
Connect with us!

PROJECT SAFETY NET
WEBSITE & SOCIAL MEDIA DEBUT

WEBSITE: www.psnyouth.org
INSTAGRAM: @psn_youth
TWITTER: @psnyouth
FACEBOOK: @psnyouth
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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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