

MARIN COUNTY Suicide Prevention Strategic Plan

BEHAVIORAL HEALTH & RECOVERY SERVICES | JANUARY 2020



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About Resource Development Associates

Resource Development Associates (RDA) is a consulting firm based in Oakland, California, that serves government and nonprofit organizations throughout California as well as other states. Our mission is to strengthen public and non-profit efforts to promote social and economic justice for vulnerable populations. RDA supports its clients through an integrated approach to planning, grant-writing, organizational development, and evaluation.



LETTER FROM THE DIRECTOR

Dear Community Members,

I am pleased to present the Marin County Suicide Prevention Strategic Plan, a roadmap for reducing suicide deaths and attempts in communities and neighborhoods countywide.

Suicide is a public health issue that deeply affects Marin County residents and communities. We as a county have among the highest suicide rates in all of the Bay Area. In the span of just one month in 2017, we experienced the tragic loss of three high school students to suicide. Families, neighborhoods, and communities across the county continue to feel the grief and confusion that result from these and other suicide deaths and attempts. While much attention has been brought to this issue by the spike in the number of adolescent suicides across the state, we know that suicide affects people of all ages and from all backgrounds. Suicide has now risen to the tenth leading cause of death in the United States across all ages.

However, we also know that suicide is preventable—and that the time for action is *now*. Research has shown that the public health model for suicide prevention, which brings together different fields of knowledge and expertise, **is successful in reducing deaths by suicide and suicide attempts**. For this reason, Marin County Behavioral Health and Recovery Services (BHRS) convened a Suicide Prevention Strategic Planning Committee made up of professionals and community members with a variety of perspectives and expertise to craft a way forward. This group included medical and behavioral health experts, school administrators and educators, leaders of social service agencies, representatives from marginalized and underserved communities, and Marin County residents with lived experiences of suicide loss. Together they developed a comprehensive set of strategies, objectives, and activities that promote residents' wellness and seek to reduce deaths by suicide and suicide attempts countywide.

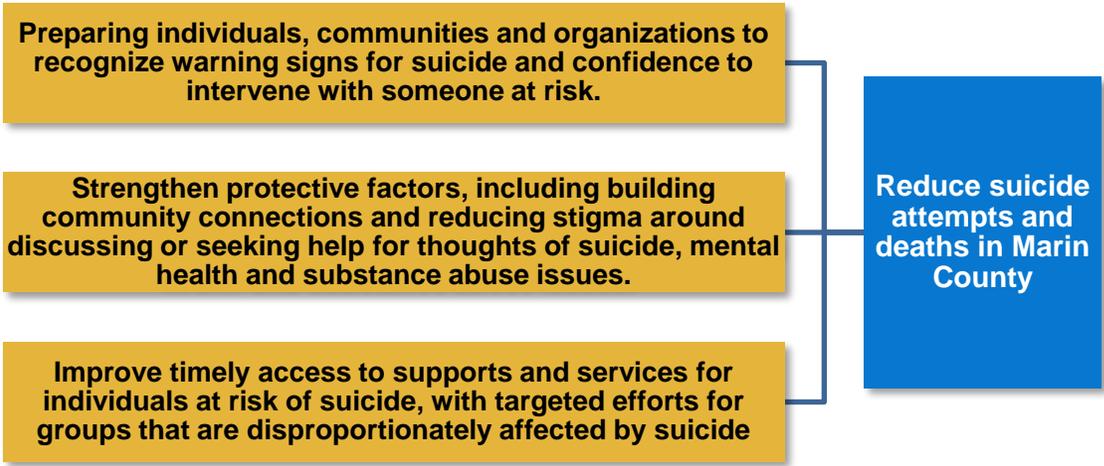
The Suicide Prevention Strategic Plan is the culmination of this work. At the heart of this plan is the knowledge that preventing suicide is achievable, and that we all have a part to play in saving lives. For this plan to be effective, we will need to challenge conventional thinking, reconsider our previously held approaches, and build new partnerships across agencies and institutions. Importantly, this plan is a living document, and we will revisit these strategies as our understanding of suicide in Marin County continues to grow.

This document is an abridged version of the Strategic Plan. It contains an overview of a community needs assessment conducted to inform the planning process, and the complete listing of strategies, objectives, and activities. For the full version of the Strategic Plan that contains additional detail about the needs assessment, planning processes, and rationale for selection of strategies, please access the following link: www.Marinhhs.org/suicide-prevention.

We encourage all Marin County residents to participate in the activities outlined in this document: to attend a suicide prevention training, help your fellow community members find support in times of crisis, or simply be willing to talk openly about mental health and suicide with loved ones. Throughout the development of this Strategic Plan, we experienced an outpouring of support and enthusiasm from community members who want to be involved in this effort. As we now turn toward the implementation of this plan, continued involvement and support of community members and partners will be essential for our success. **Together we can prevent suicide.**



Dr. Jei Africa
Director
Marin County Behavioral Health and Recovery Services



OVERALL GOALS



 Marin County residents face the **highest rate of suicide among all Bay Area residents**

Certain groups are disproportionately affected by suicide thoughts and behaviors (attempts, deaths)
(including adult men, youth, LGBTQ+ residents, people of color, veterans)



 Communities & school districts would benefit from **greater coordination of suicide prevention resources & efforts**

Many residents find it difficult to talk about suicide, and many hesitate to seek help for their mental health



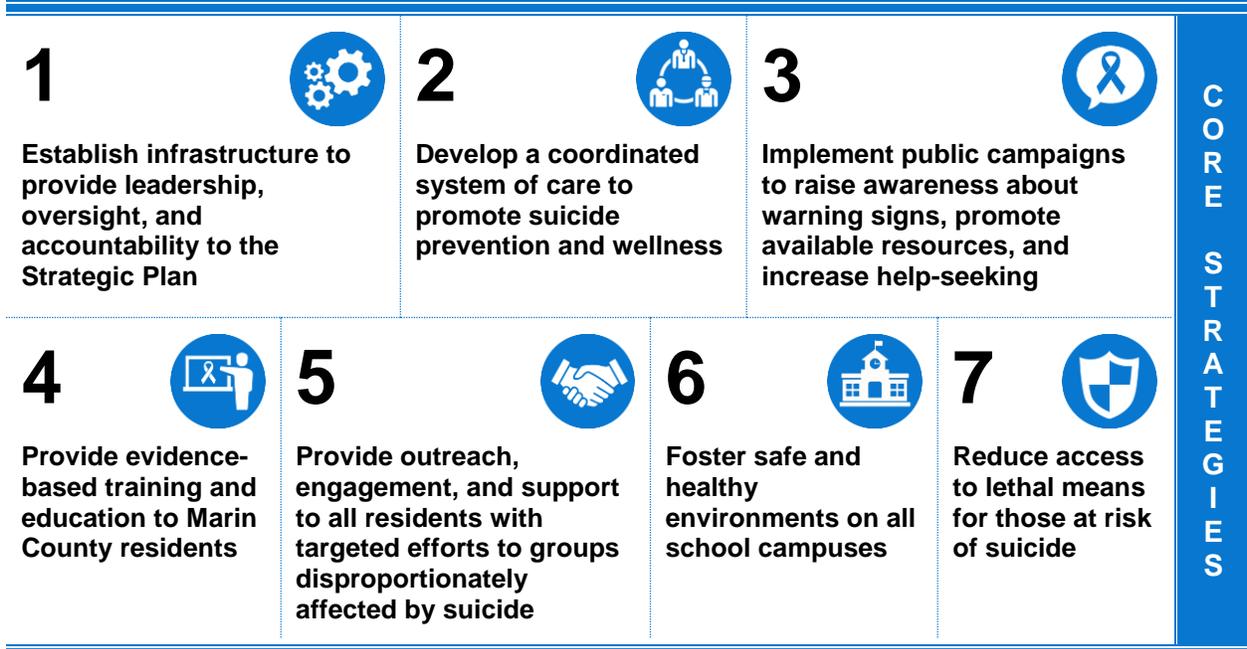
 Younger residents describe **hyper-competitive academic environments** that are harmful to many youths' wellness

Community Survey Highlights
1,307 people completed some or all of BHRS's Suicide Prevention Community Survey in February 2019.
Some of the key results include:

- 72%** of respondents know at least one person who has attempted or died by suicide
- 82%** perceive that stigma makes it hard to talk about mental health issues and suicide
- 23%** could recognize the signs of suicidal behavior in someone whom they know
- 71%** want to learn how to help someone who is considering suicide
- 78%** are willing to talk to family and friends about the issue of suicide

COMMUNITY CHALLENGES

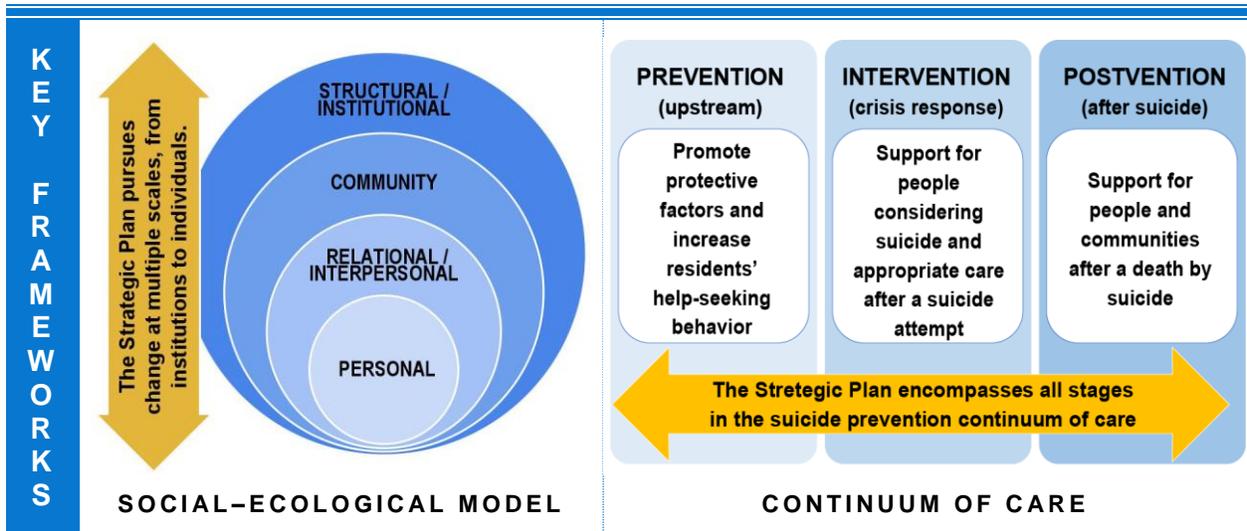




CORE STRATEGIES

“We need to support a community culture of caring about our neighbors... Standing by and doing nothing is no longer an option!”

– MARIN COUNTY RESIDENT



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|--------------------------------------|-------------------------|--|
| Marin County Public Health | Bucklew Programs | Aging Action Initiative |
| Marin County Office of Education | Kaiser Permanente | Marin County Commission on Aging |
| Marin County School Districts | Marin Community Clinics | Marin County Youth Commission |
| Marin County Probation | MarinHealth | Marin City Community Development Corporation |
| Marin County Coroner's Office | NAMI Marin | Marin Interfaith Council |
| Marin County Veterans Service Office | | |
- Individual community members, including survivors of suicide attempts and those who have lost loved ones to suicide

PARTNERS

	<p>STRATEGY 1</p> <p>Establish infrastructure to provide leadership, oversight, and accountability to the Strategic Plan</p>
<p>It is important that Marin County create a strong, visible leadership structure to carry out the strategies, objectives, and activities outlined in this document. The Strategic Plan calls for the formation of a three-part leadership group called the Marin County Suicide Prevention Collaborative (MCSPC). The MCSPC will coordinate the actions that are described in the Strategic Plan, ensure that all partners are accountable to the Plan, and maintain momentum around ongoing suicide prevention efforts.</p>	
<p>Objective 1.1:</p> <p>Establish and convene a suicide prevention body to coordinate implementation of the Strategic Plan</p>	<ul style="list-style-type: none"> i. Recruit and engage diverse representatives including but not limited to: county and city agencies, community-based organizations, suicide prevention experts, health providers, private entities (including insurers and local business representatives), residents with lived experiences around suicide, as partners in the implementation of Strategic Plan activities ii. Convene quarterly meetings to monitor progress towards Strategic Plan activities and objectives iii. Review suicide death and attempt data on an annual basis and make recommendations to the Suicide Prevention Coordinator (SPC) iv. Identify and leverage a variety of funding resources to support implementation of Suicide Prevention strategies and activities
<p>Objective 1.2:</p> <p>Establish a dedicated position(s) to support activities of the Strategic Plan</p>	<ul style="list-style-type: none"> i. The position(s) will support recruitment, engagement and retention of diverse representatives as partners in the implementation of Strategic Plan activities ii. The position(s) will serve as the primary point of contact between the coordinating body, county, and community partners

<p>Objective 1.2 (Cont'd):</p> <p>Establish a dedicated position(s) to support activities of the Strategic Plan</p>	<p>iii. The position(s) will coordinate and support the operations of the suicide prevention workgroups stipulated in the Strategic Plan</p>
	<p>iv. The position(s) will compile and document progress towards Strategic Plan goals, for communicating and sharing with the public</p>

<p>Objective 1.3:</p> <p>Establish and convene subcommittees and/or workgroups to pursue and develop specific efforts outlined in the strategic plan</p>	<p>i. Establish a school-based wellness collaborative to support the implementation of activities outlined in Strategy #6</p>
	<p>ii. Establish Training and Education Workgroup to provide recommendations for trainings to be implemented and supports at various levels (i.e. community, school-based, professional, etc.)</p>
	<p>iii. Establish and convene a workgroup with Marin County, Sonoma County, and the Sonoma-Marín Area Rail Transit (SMART) District to identify and support the implementation of best practices in prevention and postvention strategies along SMART Train railways</p>
	<p>iv. Develop targeted workgroups to address identified needs for communities disproportionately affected by suicide (e.g., LGBTQ+ residents, adult men, older adults)</p>
	<p>v. Establish a workgroup to support the implementation of activities outlined in Strategy #2 for coordination of care</p>
	<p>vi. Additional workgroups will be created as needed</p>

<p>Objective 1.4:</p> <p>Advance data monitoring and evaluation to support data-driven decision-making</p>	<p>i. Continually utilize data to inform strategic plan priorities, implementation, and effectiveness</p>
	<p>ii. Monitor local data to identify existing and emerging trends, factors that may increase or lessen risk, and at-risk population groups</p>
	<p>iii. Identify opportunities to enhance data capacity and expand data collection processes (i.e. developing metrics and data collection strategies for aborted or interrupted suicide attempts, developing and/or refining centralized reporting systems, establishing data-sharing protocols)</p>
	<p>iv. Plan and conduct regular evaluation of Strategic Plan implementation</p>
	<p>v. Develop and release annual report on status of suicide related behaviors (deaths, attempts, hospitalizations) as well as prevention activities (i.e. calls to crisis lines, trainings, etc.)</p>

	<p>STRATEGY 2</p> <p>Develop a coordinated system of care to promote suicide prevention and wellness</p>
<p>It is crucial that Marin County’s healthcare system - from hospitals to primary care clinics to student wellness centers - function as a unified whole in identifying and caring for people experiencing suicidal behavior. We envision a system where local behavioral health and primary care providers use a standard patient assessment for suicide risk, create seamless transitions for patients to the appropriate level of care, and share data in order to enhance patients’ recovery.</p>	

<p>Objective 2.1:</p> <p>Adopt universal suicide screening protocols for all county entities that conduct health assessments and provide training to ensure fidelity</p>	<p>i. Identify agencies, organizations, and key decision-makers to promote countywide adoption of a universal screening tool such as the Columbia-Suicide Severity Rating Scale (CSSRS)</p>
	<p>ii. Develop an implementation support package for agencies and organizations that will adopt the screening tool, including staff trainings and ongoing support</p>
	<p>iii. Improve health care system to provide best practices for individuals at risk of suicide using Zero Suicide as a potential model</p>
<p>Objective 2.2:</p> <p>Strengthen communication, linkages, and supports for individuals who may be at risk for suicide and who are transitioning between providers</p>	<p>i. Establish standardized transition protocols, such as access to peer navigation supports, for residents referred to services for higher-level care</p>
	<p>ii. Improve linkages to community-based care settings for individuals with Medi-Cal or low-income uninsured individuals before they are discharged from a hospital setting</p>
	<p>iii. Explore existing crisis response system and how it can be improved to focus on stabilization and linkages to services in least restrictive setting</p>
<p>Objective 2.3:</p> <p>Implement a coordinated support system to provide follow-up care for individuals experiencing suicide ideation and following a suicide attempt</p>	<p>i. Develop standard protocols for providing follow-up calls or visits to patients after discharge from a hospital or clinical setting, following a suicide attempt</p>
	<p>ii. Expand upon existing Memorandums of Understanding (MOUs) between hospitals & community behavioral health providers to encourage or require participation in “root-cause analysis” meetings following a suicide death or attempt to identify system issues and prevent future losses and attempts</p>

<p>Objective 2.3 (Cont'd):</p> <p>Implement a coordinated support system to provide follow-up care for individuals experiencing suicide ideation and following a suicide attempt</p>	<p>iii. Develop and promote standard reentry protocols for individuals returning to their school, college, or workplace following a suicide attempt</p>
	<p>iv. Identify and implement evidence-based practices for supports including safety planning, counseling on lethal means restriction and brief communications with patients during care transitions (such as “Caring Connections”)</p>
	<p>v. Implement suicide attempt survivor support groups</p>

<p>Objective 2.4:</p> <p>Develop, implement, and expand supports for community members after deaths by suicide</p>	<p>i. Develop and implement written policies and procedures for coordinated, timely, and respectful responses by service providers following a suicide loss, including formal agreements with local coroners and medical examiners to support the initiation of services</p>
	<p>ii. Work with communities, institutions, organizations, and places of worship, so that all settings have postvention plans and protocols in place to respond quickly and compassionately in the crisis period after a suicide death</p>
	<p>iii. Identify and implement a suicide loss survivor outreach model (i.e. LOSS Team)</p>
	<p>iv. Establish, promote awareness of, and increase access to support groups for survivors of loss survivors and/or refining centralized reporting systems, establishing data-sharing protocols)</p>

<p>Objective 2.5:</p> <p>Explore avenues to improve access to services for residents with private health insurance</p>	<p>i. Explore avenues to increase access to private behavioral health services</p>
	<p>ii. Engage with private insurers and private behavioral health practitioners to identify barriers to access and potential solutions</p>

	<p>STRATEGY 3</p> <p>Implement public campaigns to raise awareness about warning signs, promote available resources, and increase help-seeking</p>
<p>Many Marin County residents noted that they did not know where to access support for themselves or their peers who are contemplating suicide. In addition, residents noted that many community members experience stigma in talking about suicide or seeking mental health care. A multimedia messaging campaign will be crucial step to raising residents' awareness about local suicide prevention resources, and establishing safe community norms around openly discussing mental health and suicide.</p>	
<p>Objective 3.1:</p> <p>Develop a broad campaign to increase public awareness about available wellness and mental health resources, promote help-seeking behavior, increase knowledge of warning signs, and inform residents on the county's commitment to suicide prevention</p>	<ul style="list-style-type: none"> i. Develop implementation plan for messaging campaign, including promotion in traditional and social media sources ii. Develop a suicide prevention website and online resource hub, in conjunction with social media campaign efforts iii. Provide resources and incentives for schools and communities to engage in Suicide Prevention Week/Month activities
<p>Objective 3.2:</p> <p>Tailor and diversify suicide prevention messaging and programming to improve engagement with groups and communities at heightened risk for suicide</p>	<ul style="list-style-type: none"> i. Collaborate with community leaders and stakeholders to develop culturally relevant and age specific messaging ii. Engage community stakeholders across the lifespan to identify preferred methods of support iii. Support and expand youth-led awareness campaigns such as the Directing Change Program and Film Contest, NAMI on Campus, Active Minds, and others

<p>Objective 3.2 (Cont'd):</p> <p>Tailor and diversify suicide prevention messaging and programming to improve engagement with groups and communities at heightened risk for suicide</p>	<p>iv. Train residents as peer advocates and spokespeople to disseminate messaging among key provider groups (first responders, e.g.) and harder-to-reach communities through efforts such as a Speakers Bureau/Storytelling Programs</p>
	<p>v. Support and expand utilization of statewide efforts to reach diverse communities including Each Mind Matters and Know the Signs</p>

<p>Objective 3.3:</p> <p>Work with public information officers and local media outlets to promote effective messaging around suicide prevention</p>	<p>i. Promote, distribute and provide trainings on guidelines for safe reporting and messaging practices following a death by suicide or suicide attempt</p>
	<p>ii. Establish partnerships with local media outlets to ensure implementation of safe reporting practices</p>

	<p>STRATEGY 4</p> <p>Provide evidence-based suicide prevention trainings and education to Marin County residents</p>
<p>Many Marin County residents expressed a desire for additional in-person trainings on how to recognize the signs of suicidal risk in others, and how to connect them to help. We envision a comprehensive slate of suicide prevention education and trainings for many different residents: health care practitioners, social service providers, employees in other workplaces, and community members. A community where many residents are well-informed on best practices in suicide prevention will be safer and better connected.</p>	

<p>Objective 4.1:</p> <p>Provide and promote evidence-based suicide prevention and ongoing care training to service providers</p>	<p>i. Provide and support trainings for clinicians on best practices for culturally competent suicide risk assessments</p>
	<p>ii. Provide and support trainings for clinicians and service providers on best practices in bereavement to support suicide loss survivors</p>
	<p>iii. Provide and support ongoing trainings for clinicians and healthcare professionals on best-practices in management, intervention, and ongoing care for individuals at risk of suicide (i.e. Collaborative Assessment and Management of Suicidality, Assessing and Managing Suicide Risk)</p>
<p>Objective 4.2:</p> <p>Provide and promote evidence-based suicide prevention training for community members, including employers and employees</p>	<p>i. Provide and support training of trainer (T4T) models for gatekeepers in communities with focus on groups disproportionately affected by suicide</p>
	<p>ii. Train agencies, organizations, and businesses that work with groups disproportionately affected by suicide as prioritized by data. For example, for men facing financial, legal, relationship, and/or chronic health problems in identifying and referring clients who may be at risk of suicide</p>
	<p>iii. Work with local employers to establish and implement suicide prevention protocols and procedures such as training requirements for all employees, training for supervisors and human relations on screening for suicide risk and referral for appropriate care</p>

	<p>STRATEGY 5</p> <p>Provide outreach, engagement, and support to all residents with targeted efforts to groups disproportionately affected by suicide</p>
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Because different community members in Marin County are at heightened risk for suicide, it is important that Marin County and its partners consider a number of different approaches to engaging residents. Outreach activities must be appropriate for people of different ages, and attentive to the cultural factors that can shape community members' attitudes around suicide and mental health. Using targeted approaches, instead of a "one size fits all" approach, will ensure that more community members participate. This is especially important for engaging individuals who are harder to reach.

<p>Objective 5.1:</p> <p>Enhance protective factors and promote coping skills for community members, including targeted outreach for at-risk residents within informal settings</p>	<p>i. Provide messaging and increase awareness of resources in formal and informal community settings, such as barbershops, rotary clubs, bars, the Veterans of Foreign Affairs, and the American Legion</p>
	<p>ii. Identify and develop partnerships with community leaders to organize programs that promote protective factors among middle-aged and older men with common risk factors, such as unemployment or substance use</p>

<p>Objective 5.2:</p> <p>Strengthen peer support networks for communities and groups at heightened risk for suicide</p>	<p>i. Enhance peer connections and peer services for different at-risk populations, including first responders, men in middle age, veterans, transition-aged youth, LGBTQ+ residents, older adults, and formerly incarcerated individuals</p>
	<p>ii. Expand upon programs serving under-resourced groups, including Latino/a and Vietnamese communities and veterans</p>
	<p>iii. Develop support groups and workshops for suicide loss survivors, family caregivers, and residents who are retired or are planning to retire</p>

<p>Objective 5.2 (Cont'd):</p> <p>Strengthen peer support networks for communities and groups at heightened risk for suicide</p>	<p>iv. Support informal systems that create opportunities for social connectedness among isolated residents, especially middle-aged men and older adults</p>
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<p>Objective 5.3:</p> <p>Implement culturally affirmative approaches in providing suicide prevention and wellness resources to underserved and isolated communities</p>	<p>i. Expand upon existing <i>Promotores</i> model to support suicide prevention efforts among mental health ambassadors in communities of color</p>
	<p>ii. Create opportunities for residents from diverse communities with lived experiences around suicide to share their experiences in safe community spaces</p>
	<p>iii. Promote alternatives to calling 911 for mental health concerns utilizing models such as Crisis Now which includes mobile crisis units, mutual aid networks, and other community-based supports</p>

<p>Objective 5.4:</p> <p>Utilize local data to identify other residents disproportionately affected by suicide deaths and attempts, and determine targeted approaches in suicide prevention supports</p>	<p>i. Increase understanding of risk factors and protective factors, and continually refine targeted approaches to intervention and supports</p>
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	<p>STRATEGY 6</p> <p>Foster safe and healthy environments on all school campuses</p>
<p>Young people, parents, and educators in Marin County have all called for a more comprehensive approach to suicide prevention efforts in local schools. In addition, many residents have called attention to the toxic effects of hypercompetitive academic environments that place inordinate amounts of stress on students. Priority areas include increasing classroom instruction around mental health and suicide, standardizing crisis response practices on all campuses countywide, and ensuring that all school campuses have adequate mental health services and supportive resources.</p>	
<p>Objective 6.1:</p> <p>Through collaboration with county, district, and community partners, support school districts in the implementation of a three-tiered continuum of supports in all schools</p>	<p>i. Develop recommendations around adopting evidenced based Tier 1 supports such as mindfulness and Social Emotional Learning (SEL)</p>
	<p>ii. Provide recommendations for, and support implementation of, suicide prevention trainings for faculty, staff, on-campus providers, and students</p>
	<p>iii. Implement trainings and education on screening and assessment for suicide risk</p>
	<p>iv. Enhance the provision of individual and group mental health services to students, including targeted strategies for LGBTQ+ and justice-involved youth</p>
	<p>v. Expand wellness supports for middle school students, and capacity building for middle school staff</p>
	<p>vi. Develop standardized recommendations and guidelines for school districts and schools to implement coordination of services teams to streamline referral process and increase access to mental health supports for students</p>
	<p>vii. Increase availability of crisis supports including expansion of Mobile Crisis Team hours to support the entire school day</p>

<p>Objective 6.2:</p> <p>Support the development of youth-led wellness and suicide prevention initiatives</p>	i. Establish and strengthen peer-to-peer suicide prevention training, education, and mentoring programs for youth
	ii. Provide school districts and schools with mini-grants and/or funding supports to implement youth-led suicide prevention and mental health awareness activities

<p>Objective 6.3:</p> <p>Build the capacity of schools to engage with and support families</p>	i. Increase family outreach and education to provide resources around suicide prevention and mental health
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<p>Objective 6.4:</p> <p>Support the implementation of evidence-based crisis response and postvention services in schools</p>	i. Support districts and schools with implementation, refinement, and evaluation of comprehensive suicide prevention, intervention, and postvention protocols, as mandated by Ed Code 215 (a)
	ii. Ensure annual trainings for school personnel in crisis response measures, memorialize designated school site crisis response point people
	iii. Continue and expand upon work of cross-system crisis response and postvention response team (MCOE, Health and Human Services, Kaiser Permanente, BHRS, county Mobile Crisis Team, law enforcement) and provide postvention training for school staff
	iv. Identify and implement best practice alternatives to 5585/5150 transfers to provide support and care in least restrictive settings
	v. Enhance supports and provide guidance to ensure continuity on re-entry after mental health crisis, suicide assessment and/or suicide attempts

	<p>STRATEGY 7</p> <p>Reduce access to lethal means for those at risk of suicide</p>
<p>Reducing access to common means of self-harm has proven to be one of the most effective methods for preventing suicide, especially when combined with effective messaging and easy access to supportive services. Activities in this Strategic Plan will align with ongoing efforts to reduce the risk of suicide on the Golden Gate Bridge, on local railways, and with prescription drug use. In addition, we envision a more comprehensive series of efforts to improve gun safety practices and deter access to firearms among residents who are experiencing suicidal behavior.</p>	
<p>Objective 7.1:</p> <p>Work with partners, existing initiatives, and key stakeholders to reduce access to lethal means for those in crisis and bolster suicide prevention messaging and supportive services</p>	<p>i. Collaborate with RxSafe Marin in their work with pharmacies, medical providers, and law enforcement to reduce access to potentially lethal medications</p>
	<p>ii. Collaborate with and support grassroots groups working to reduce suicide attempts on the Golden Gate Bridge</p>
	<p>iii. Monitor progress of the Golden Gate Bridge Net project through coordination of regular report outs from project representative(s) to the county's suicide prevention oversight body</p>
	<p>iv. Implement efforts to reduce suicide deaths by firearms such as working with local firearm dealers on prevention strategies (awareness/prevention activities), raise awareness of suicide prevention in the firearm community (including safe storage of firearms)</p>
	<p>v. Collaborate with the District Attorney's office to conduct gun buy-back events</p>
	<p>vi. Build upon existing partnerships to expand messaging and protective measures on and around railways</p>

<p>Objective 7.2:</p> <p>Provide education and training to service providers, community members, and gatekeepers on promoting best practices on counseling for lethal means reduction</p>	<p>i. Enhance clinical skills in lethal means assessment and counseling for healthcare providers, social service providers, behavioral health providers, and first responders</p>
	<p>ii. Train nonclinical providers, such as probation and parole officers, in lethal means reduction counseling</p>
	<p>iii. Implement efforts to reduce suicide deaths by firearms such as working with local firearm dealers on prevention strategies, raise awareness of suicide prevention in firearm community (including safe storage of firearms), Build relationships with local retailers, firing ranges, and sporting clubs to promote safe storage practices among gun owners</p>
	<p>iv. Train providers who work with veterans to develop tailored and individualized approaches to lethal means reduction</p>

NEXT STEPS

BHRS is committed to sustaining the forward momentum from the strategic planning process and is working with its partner agencies and organizations to implement the strategies outlined in this plan. Critical next steps include:

Starting the hiring process for the BHRS Suicide Prevention Coordinator

Appointing county leaders to the suicide prevention coordinating body

Inviting and recruiting community representatives to the planning workgroups

Developing communications plans to keep residents up to date on the Strategic Plan

Working with the Marin County Office of Education to start enacting school-based strategies

TOGETHER WE CAN PREVENT SUICIDE

Everyone has a role to play in saving lives and bringing together our communities. To achieve the goals of this strategic plan we will need your help. Whether it is providing us with feedback about this plan, learning how to recognize suicide warning signs, or finding new ways to connect with individuals in the community – **you can make a world of difference.**

With the support of community members, community groups, and our many agency and organizational partners, we can together increase wellness and reduce suicides and suicide attempts across Marin County. **Prevention is possible!**

To stay connected with current efforts and learn how to get involved, please visit www.marinhhs.org/suicide-prevention.



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