
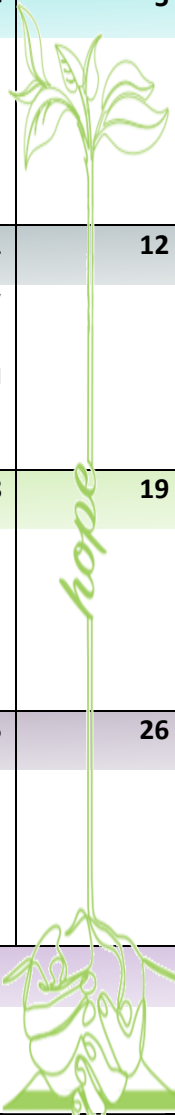

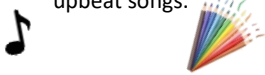






Riverside County September is Suicide Prevention Awareness and National Recovery Month 2020 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><i>"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</i></p>							
Week 1: Build Hope		1	2	3	4	5	
		<p>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.</p>	<p>Know the Signs Learn about suicide prevention in this virtual presentation. 9:00-10:00 AM Contact PEI@ruhealth.org to register.</p>	<p>Inspire Hope! Share a hopeful article or quote with family, friends or co-workers.</p>	<p>Friday Fun Day Play the Suicide Prevention Loteria (Bingo) game with your loved ones.</p>		
Week 2: Build Resilience		7	8	9	10		11
		<p>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.</p>	<p>Improve Your Mood Color or draw for 5 minutes. Or listen to your favorite upbeat songs.</p> 	<p>Self-Care Plan Complete an activity to care for your emotional, mental and physical health. Incorporate progressive muscle relaxation into your daily routine.</p>	<p>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.</p>		<p>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</p>
Week 3: Focus on Recovery		14	15	16	17		18
		<p>Fortune Teller Affirmations Make an origami fortune teller with positive affirmations.</p> 	<p>Mental Health 101 Learn about mental health and stigma reduction. Virtual presentation 10:00-11:00 AM Contact PEI@ruhealth.org to register.</p>	<p>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.</p>	<p>Share Suicide Prevention Resources Provide behavioral health resources on your social media.</p>		<p>Movie Night Movies with messages of recovery and hope are a great way to fill free time and focus on your recovery.</p>
Week 4: Express Gratitude		21	22	23	24	25	
		<p>Attitude of Gratitude Start a gratitude jar! Write down messages of hope and what you are grateful for throughout the week.</p>	<p>Gratitude Jar Activity Prompt/Reflection: What made you smile today?</p>	<p>Gratitude Jar Activity Prompt/Reflection: What was the best part of your day?</p>	<p>Gratitude Jar Activity Prompt/Reflection: What is one small victory you had today?</p>	<p>Gratitude Jar Activity With your family/friends go over all the gratitude from the week.</p>	
Week 5: Connect with Others		28	29	30	<p>Find full descriptions of the activities on the PEI Activity Guide</p>		
<p>Trivia Night Play the Suicide Prevention Trivia game.</p>		<p>One Rose, One Thorn Identify one good thing and bad thing that happened today.</p>	<p>Directing Change Screening Grab your popcorn and watch Directing Change films with your loved ones.</p>				
<p>Help is within reach: Local Suicide Crisis Line (951) 686-HELP COVID-19 Info line 2-1-1 National Suicide Prevention Lifeline 1(800)273-TALK RUHS-Behavioral Health Access Line 1(800)706-7500</p>							

