

Annual Suicide Prevention Forum as a Part of National Suicide Prevention Month

This September, during National Suicide Prevention Month, Ventura County Behavioral Health, a part of the Ventura County Health Care Agency, is hosting the 7th Annual Suicide Prevention Forum.

In a continued effort to bring local awareness to and offer community support regarding this critical issue, a free, bilingual, in-person forum will take place on Wednesday, September 21, 2022, from 9:30 AM to 2 PM at Ventura College- 4667 Telegraph Rd, Ventura, CA 93007. This year's forum, "Preventing Suicide: Connections & Community," will feature inspirational stories, creative expression, wellness activities, and information about, as well as connections to, local resources.

Breakout sessions will provide opportunities for deeper

discussion and addressing questions. The sessions will center around focus areas including LGBTQ+, older adults, youth and young adults, families, mental wellness, as well as a session held in Spanish.

In addition, on Thursday, September 29, 2022, from 4:00 PM to 5:30 PM, there will be a live, virtual event to connect online viewers with speakers and highlights from the in-person event.

"We have all been affected by the tragedy of suicide, either directly or indirectly," says Dr. Jamie Rotnofsky, PhD, Mental Health Services Act Senior Manager at Ventura County Behavioral Health (VCBH) and Co-Chair of

the Ventura County Suicide Prevention Council. "Bringing people from our community together to connect with and support one another is so important. Everyone can learn how to help prevent suicide."

Pre-registration at www.brite.link/forum2022 is required by September 16 for the in-person event, and by September 26 for the virtual event. Both events are free for Ventura County residents.

For more information on the forum or for assistance in registering, please contact: mhsa@ventura.org.

If you or someone you care about is having suicidal thoughts, call or text the new National Suicide & Crisis Lifeline now by dialing 988.

988 is free, confidential, and available 24/7 in various languages.

For suicide prevention resources, visit: www.WellnessEveryDay.org.

ACTA DE LA VERDAD (TRUTH ACT)

Ley de la Asamblea 2792 (Código de Gobierno 7283.1)

Aviso de Foro Público