














Riverside County September is Suicide Prevention Awareness and National Recovery Month 2021 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>This September we look for Supportive Transitions—ways we can “Reconnect, Re-enter & Rebuild” knowing that “Recovery is for Everyone: Every Person, Every Family, Every Community.” This month we honor National Recovery Month, Suicide Prevention Week (9/5-9/11) and World Suicide Prevention Day (9/10). Join in our activities and share your participation on social media using #PEISEPT2021 and #RUHSRecoveryHappens2021</p>							
Week 1: Reconnect			1	2	3	4	
			<p>Connect with Others Connect w/ 3 people (letter, email, etc.). If you are contacted, connect w/ 3 other people.</p>	<p>Reconnect w/ Your Goals Build hope by setting a few short, mid and long term goals—share with others. Mental Health 101 Virtual Training (English/ Español)</p>	<p>Friday Fun Day Play the Suicide Prevention Loteria (Bingo) game with your loved ones, or come together for another fun game.</p>	<p>Connect w/ Community Do some volunteer work in your community on the weekends</p>	
Week 2: Re-enter		6	7	8	9	10	11
	<p>Share Your Secret Send a postcard w/ a message of what helped you choose recovery. Learn about Suicide Prevention —sign up for a free training this week!</p>	<p>Find the (Cross) Words Download this crossword puzzle and try to solve all of the clues. Know the Signs Virtual Training (English)</p>	<p>Reach Out Familiarize yourself with a suicide prevention resource. Directing Change Watch some of these 60-second PSAs</p>	<p>Pause and Take a Breath Schedule a ‘breathe break.’ Know the Signs Virtual Training (Español) QPR Virtual Training</p>	<p>World Suicide Prevention Day Light a candle at 8:00 PM and take a moment of silence to remember the lives lost to suicide. </p>	<p>‘THE S WORD’ This documentary film is available on the Documentary Plus streaming platform</p>	
Week 3: Focus on Recovery		13	14	15	16	17	18
	<p>Express Yourself Create! Color, draw, make a song, or create a dance that represents your resiliency </p>	<p>Improve Your Mood Make a playlist—songs to lift you up or soothe. </p>	<p>Self-Care Plan Complete an activity to care for your emotional, mental and physical health. Self-Care and Wellness Virtual Training (English/ Español)</p>	<p>Hope Journal Bookmark Decorate a journal or a piece of paper. Print a book-mark and pick a writing prompt. Express yourself and build resilience.</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>	<p>Fortune Teller Affirmations Make an origami fortune teller with positive affirmations</p>	
Week 4: Rebuild		20	21	22	23	24	25
	<p>Build-a-Heart Create a heart window or wall display at home or work place with words of encouragement. </p>	<p>Building Resiliency and Understanding Trauma Virtual Training (English/ Español) Grief After Suicide: Webinar for Suicide Loss Survivors</p>	<p>Thriving in School Download and use the Mental Health Thrival Kit and visit the Up2Riverside page for activities to help build up students.</p>	<p>Make a Move Towards Wellness Make a plan to rebuild your physical health by incorporating a new exercise routine.</p>	<p>Rebuild Spiritually Take 10-minutes to meditate to care for and rebuild your mental wellness. </p>	<p>Rebuild Hope Share a hopeful article or quote with family, friends or co-workers. Share on your social media.</p>	
Week 5: Express Gratitude		27	28	29	30		
	<p>Dear Me Write a letter to your future self (futureme.org) </p>	<p>Attitude of Gratitude Start a gratitude jar! Write down messages of hope and what you are grateful for throughout the week. Encourage friends and family to participate</p>	<p>Gratitude Jar Activity Prompt/Reflection: Recognize those in your life; who are you grateful for and why.</p>	<p>Gratitude Jar Activity Review your gratitude jar with your family and friends. Reach out to those you are grateful for and let them know.</p>	<p>Find full descriptions of the activities on the PEI Activity Guide. (English) (Spanish)</p> <p>To reach out for support online, visit Takemyhand.co (Available 7 days a week, 8am-5pm) </p>		
<p>Help is within reach: Local Suicide Crisis Line (951) 686-HELP (4357) COVID-19 Info Line 2-1-1 National Suicide Prevention Lifeline 1-800-273-TALK (8255) RUHS-Behavioral Health Access Line 1-800-499-3008</p>							