Overview

• Don’t Shortcut Life Public Education Program
  o Operation Lifesaver
• Suicide Prevention Initiatives
• San Mateo County Suicide Prevention Committee
• September Activities
  o Railroad Safety & Suicide Prevention Month
• Questions
Don’t Shortcut Life

Operation Lifesaver
Three E’s

- Education
- Engineering
- Enforcement
Education

74 likes

gocaltrain Kid's love #RailSafety. Tasha was out in the community teaching kids to be safe around tracks and trains.
Scheduling a Presentation

Email: communications@samtrans.com

Call: 650.208.9895
Engineering – Electrification Tunnel Work
Engineering – 25th Ave Grade Separation Timelapse
Enforcement – Transit Police

90 likes
gocaltrain Today we held a joint agency training exercise at Tamien Caltrain Station. Want to thank San Mateo County Sheriff's
# Safety & Security Reports

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<th>Year</th>
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*YTD
Caltrain In the News

“Train Pushes Car Half Mile, Three People Die”

“Person Struck and Killed While Walking On Tracks”
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Suicide Prevention Initiatives
Community partnerships

• San Mateo County Suicide Prevention Committee
• Santa Clara County Suicide Prevention Advisory Committee
• Project Safety Net (Palo Alto)
• Crisis Text Line
Crisis Text Line

Help is just a text away

Text BAY to 741741

Free, 24/7, confidential crisis support by text

Help is just a text away

Caltrain has formed a new partnership with Crisis Text Line, a service that offers free, 24/7 anonymous counseling for individuals who may be depressed, having suicidal thoughts or suffering from a mental disorder.

Here’s How it Works:
1) A person in crisis should text the word BAY to 741741.
2) A trained crisis counselor receives the text and responds quickly.
3) The crisis counselor helps the individual stay cool, calm, safe and healthy by using effective active listening and suggested referrals—all through text messages on the line’s secure platform. The goal response time is five minutes.
Caltrain Activities

• Installed 250 suicide prevention signs at stations
• Dedicated suicide prevention resource page
• Raised $25,000 for American Foundation for Suicide Prevention’s Out of the Darkness Walks
• Sponsored the Caminar for Mental Health Symposium three times
San Mateo County
Suicide Prevention Committee (SPC)

Islam Hassanein, She/Her/Hers
StarVista Crisis Intervention & Suicide Prevention Center

Sylvia Tang, She/Her/Hers
Office of Diversity and Equity
Behavioral Health & Recovery Services, San Mateo County Health
SPC Mission

Provide oversight & direction to suicide prevention efforts in San Mateo County.
SPC Strategy

1. Create a Coordinated System of Suicide Prevention

2. Implement Training and Workforce Enhancements to Prevent Suicide

3. Educate Communities to Take Action

4. Improve Suicide Prevention Program Effectiveness and Accountability
Caltrain

Calendar of Events

**2019 SEPTEMBER SUICIDE PREVENTION MONTH**
#BeTheOneSMC #ImHereForYou

- **Wed, Aug 14 | 6-7:30pm**
  - 8-Week Suicide Loss Support Group (Wednesdays)
  - Mission Hospice
  - 1670 S Amphlett Blvd, Ste 300, San Mateo

- **Thu, Aug 15 | 6pm-7:30pm**
  - Monthly Suicide Loss Support Group
  - 3rd Thursdays of Every Month
  - Mission Hospice
  - 1670 S Amphlett Blvd, Ste 300, San Mateo

- **Tue, Aug 27 | 6-7:30pm**
  - StarVista’s Crisis Hotline Volunteer Information Panel
  - San Mateo Public Library, 55 W 3rd Ave, San Mateo

- **Thu, Sep 5 | 12-1pm**
  - Interfaith Day of Prayer for Faith, Hope and Life
  - County Center Courtyard
  - 400 County Ctr, Redwood City

- **Wed, Sep 11 | 10am-2pm**
  - Helping Our Peers Emerge (H.O.P.E.) and Assist You in Staying Healthy and Safe
  - NAMI San Mateo County
  - 1650 Borel Pl, Ste 130, San Mateo

- **Thu, Sep 12 | 6pm**
  - The Edge of Success; Film Screening & Panel
  - General Public: $15 | Students: Free
  - Fox Theatre, 2215 Broadway St, Redwood City

- **Fri, Sep 13 | 2-5pm**
  - Linked Together: Open Community Craft and Meetup
  - South San Francisco Main Library
  - 840 W Orange Ave, South San Francisco

- **Tue, Sep 17 | 9am**
  - Board of Supervisors Proclamation of September Suicide Prevention Month
  - 400 County Ctr, Redwood City

- **Thu, Sep 19 | 6-7:30pm**
  - Mental Health Comic Book Presentation at H.E.L.P Mental Health Support Group
  - Menlo Church, 950 Santa Cruz Ave, Menlo Park

- **Mon, Sep 23 | 6pm-8:30pm**
  - The S-Word Screening & Panel
  - Menlo Park Main Library
  - 880 Alma St, Menlo Park

- **Tue, Sep 24 | 6:30-8pm**
  - Self-Care & Connections in a Box (Craft Workshop)
  - San Mateo County Pride Center
  - 1021 S El Camino Real, San Mateo

- **Wed, Sep 25 | 6-8pm**
  - A Conversation About Cyberbullying & Bullying
  - (For Adults Only)
  - Pacifica Sharp Park Library, 104 Hilton Way Pacifica

**For pre-registration and updated details, visit smchealth.org/SuicidePrevention.**

If you or someone you know is having thoughts of suicide, please contact one of the below 24/7 hotlines:

- National Suicide Lifeline: 1-800-273-8255
- StarVista Crisis Hotline: 650-579-0350
- Crisis Text Line: Text “Home” to 741-741

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**Behavioral Health & Recovery Services**

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**San Mateo County Library**

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**San Mateo County Health**
Suicide Prevention Committee

Usually meets 1st Tuesday of the Month 1:30-3:00pm
Silicon Valley Community Foundation - San Mateo

Islam Hassanein | islam.hassanein@star-vista.org
Sylvia Tang | stang@smcgov.org | 650-578-7165

smchealth.org/SuicidePrevention
Suicide Prevention Resources

24/7 HOTLINES
StarVista Crisis Hotline (San Mateo County): 650-579-0350
National Suicide Prevention Lifeline: 1-800-273-8255
Crisis Text Line: Text "Home" to 741-741

ADDITIONAL RESOURCES
www.smchealth.org/suicideprevention
www.suicideispreventable.org
www.afsp.org
www.suicidology.org
www.sprc.org
September Activities

Railroad Safety & Suicide Prevention Month
Rail Safety Month

Activities:

• Created rail safety videos with Myth Busters talent
• Wheel Talk Podcast Debut Episode - Rail Safety
• Hosting a safety booth at Facebook Festivals in Menlo Park on September 21
• Promoting rail safety through social media - #CaltrainSafe
Suicide Prevention Month

- September 12, Caltrain sponsored film documentary called “Edge of Success”
- Participating in social media campaigns with regional community partners
Questions?

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650.508.7927
communications@samtrans.com