

September 2026



Behavioral Health

National Suicide Prevention Awareness Month

National Recovery Month

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1 September Kickoff 10 a.m. – 12 p.m. DBH Apple Valley Clinic	2 Advocacy Learn what your county does for mental health.	3 Recovery Kickoff noon – 2 p.m. QPR Training 9:30 – 11 a.m. Spa. QPR Training 2:30 – 4 p.m.	4 Connectedness Ask someone “How are you, really?” Then wait.	5 Know the Signs Ten minutes learning them could matter later.

NATIONAL SUICIDE PREVENTION WEEK · SEPT. 6–12

Wear purple and teal all week, in solidarity.

6 Physical Health Protect your sleep — sleep loss raises risk.	7 Labor Day In honor of laborers, take some time for rest & relaxation.	8 988 Day Access to Care 988 is the U.S. suicide and crisis lifeline. Save it in your phone.	9 Reasons for Living Write down three reasons you’re still here.	10 World Suicide Prevention Day QPR Training noon – 1:30 p.m. Anthony Muñoz Comm. Ctr	11 Self-Care Day Take care of your basic needs and nourish yourself.	12 Recovery Happens 2 – 6 p.m. Walk for Hope Prevention Walk 7 a.m. - noon
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CONSTRUCTION SUICIDE PREVENTION WEEK · SEPT. 14–18

The trades carry one of the highest suicide rates of any industry

13 Safer Environments Lock up medications. Store firearms securely.	14 Reaching Men Check on someone who works in the trades.	15 Honoring Our Relatives 2 – 4 p.m. CSUSB QPR Training 2:30 p.m. - 4 p.m.	16 safeTALK Training 8:30 a.m. - 12 p.m. 550 E. Hospitality Ln., San Bernardino	17 Community Policy Advisory Committee 10 a.m. – noon BHS Auditorium	18 Connectedness Reconnect with someone. No agenda.	19 Restoration Twenty minutes in nature lowers stress.
20 Culture & Belonging Lean into your faith or community.	21 ASIST Training 8 a.m. - 5 p.m. 658 E. Brier Dr., San Bernardino Day 1 of 2	22 ASIST Training 8 a.m. - 5 p.m. 658 E. Brier Dr., San Bernardino Day 2 of 2	23 Presentation @ EVOlve Collaborative C&C Center for Healing 4 – 5 p.m.	24 Sound of Recovery 7 – 9 p.m. S.B. Valley College Auditorium	25 Help-Seeking Practice asking for help.	26 Early Intervention Take a free, confidential screening.
27 Connectedness Cook or share a meal with someone.	28 QPR Training 9:30 – 11 a.m. 1811 W. Lugonia Ave., Redlands	29 Skill Building Register for a QPR or safeTALK training.	30 Resilient and Real Summit 9 a.m. – noon S.B. Intl. Airport QPR Training 9:30 - 11 a.m.	October Next Up safeTALK Workshops - Oct. 3rd, 5th Out of the Darkness Walk - Oct. 17th		

Registration
 Scan the QR code or use the link to find our events



wp.sbcounty.gov/dbh/events

September Activities

Tap any linked title to open its registration form.

IF YOU NEED HELP NOW

Call or text 988

988 Suicide & Crisis Lifeline — free, confidential, 24/7.

EVENTS AND OBSERVANCES

10 THIS MONTH

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|--------------------|---|
| Sept. 1 | 🔗 September Kickoff Learn about and meet SB County's Office of Suicide Prevention
10 a.m. – noon Apple Valley Clinic, Room A215, 18818 Outer Hwy 18 N, Apple Valley |
| Sept. 3 | 🔗 Behavioral Health Commission Kick-Off Meeting noon – 2 p.m.
Behavioral Health Services Auditorium, 850 E. Foothill Blvd., Rialto |
| Sept. 6–12 | National Suicide Prevention Week
Wear purple and teal all week, in solidarity. |
| Sept. 8 | 988 Day
988 is the U.S. suicide and crisis lifeline — free, confidential, 24/7. Call. Chat. Text. |
| Sept. 10 | World Suicide Prevention Day
Theme for 2024–2026: “Changing the Narrative on Suicide.” |
| Sept. 12 | 🔗 Recovery Happens 2 – 6 p.m.
Miller Park Amphitheater, 17002 Arrow Blvd., Fontana
🔗 Walk for Hope: 5K Suicide Prevention Awareness Led by Promise of Faith
7 a.m. – 12 p.m. 190 N Arrowhead Ave, Suite C, Rialto |
| Sept. 14–18 | Construction Suicide Prevention Week
The trades carry one of the highest suicide rates of any industry. |
| Sept. 15 | 🔗 Honoring our Relatives: Strength, Culture, and Collective Care Our Relatives 2 – 4 p.m.
Cal State San Bernardino, The Center for Global Innovation, CGI 108 (parking lot N)
5500 University Parkway, San Bernardino, CA 92407
Presented by SPAS and the Native American Subcommittee. Registration will be required due to limited space. |
| Sept. 24 | 🔗 Sound of Recovery Concert 7 – 9 p.m., check-in 6:30 p.m.
San Bernardino Valley College, 701 S. Mt. Vernon Ave., San Bernardino |
| Sept. 30 | 🔗 Resilient and Real Summit 9 a.m. – noon, check-in 8:30 a.m.
San Bernardino International Airport, 105 N. Leland Norton Way, San Bernardino |

If you require **ADA accommodations**, contact us at (909) 387-6221 or by email at DBHOSP@dbh.sbcounty.gov 5 business days prior to the event. Registration links are also posted on the DBH events page at wp.sbcounty.gov/dbh/events.

September Trainings

Tap any linked title to open its registration form. Registration is required.

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TRAININGS & PRESENTATIONS

8 SCHEDULED

Sept. 3

[QPR Training](#) **9:30 – 11 a.m.**

DBH Apple Valley Clinic, 18818 Outer Hwy 18 N, Apple Valley

[Spanish QPR Training](#) **2:30 – 4 p.m.**

Virtual

Sept. 10

[QPR@ San Antonio Regional Hospital's Generations Ahead Program](#) **noon – 1:30 p.m.**

Anthony Muñoz Community Center, 1240 W. Fourth St., Ontario

Sept. 15

[QPR Training](#) **2:30 – 4 p.m.**

DAAS Rancho Cucamonga Office, 9445 Fairway View Place, Suite 110, Rancho Cucamonga

Sept. 16

[safeTALK Training](#) **8:30 a.m. – noon**

DBH Admin East 550 E. Hospitality Ln., San Bernardino (Unity Hall, 1st floor)

Sept. 17

[Community Policy Advisory Committee](#) **10:00 a.m. – noon**

Behavioral Health Services Auditorium 850 E. Foothill Blvd. Rialto, Ca 92376

Sept. 21–22

[ASIST at Brier](#) **8 a.m. – 5 p.m., two-day workshop**

658 E. Brier Drive, San Bernardino, (Sunkist Room, 2nd floor)

Sept. 23

[Presentation @ Public Health Strategies' EVolve Collaborative](#) **4 – 5 p.m.**

C&C Center for Healing 501 W. Redlands Blvd., Suite B Redlands, CA 92373

Sept. 28

[QPR Training](#) **9:30 – 11 a.m.**

Redlands TAD Office, 1811 W. Lugonia Ave., Redlands

Sept. 30

[QPR Training](#) **9:30 – 11 a.m.**

Mariposa Community Counseling Clinic, 2940 Inland Empire Blvd. Ontario (Rm 168)

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