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## NEWS RELEASE

### FOR IMMEDIATE RELEASE

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### Ventura County Behavioral Health Hosts Annual Suicide Prevention Online Forum

Ventura, CA – Ventura County Behavioral Health (VCBH), a part of the Ventura County Health Care Agency, will be hosting their 6<sup>th</sup> Annual Suicide Prevention Forum as a virtual event on September 23, 2021, from 4:00 PM to 6:00 PM.

This year's conference, entitled "Conversations About Suicide, Help & Hope", will feature four different speakers who will share their inspirational stories of overcoming trauma and creating meaning in their lives. During the second part of the forum, participants will be able to choose one of the four speakers to join for a breakout session, where additional information will be provided, along with time for questions.

The forum will also feature suicide prevention training and access to local resources, as well as explore ways to make a difference in the community.

"Suicide affects us all", said Dr. Jamie Rotnofsky, VCBH Senior Manager, Mental Health Services Act (MHSA). "That is why we need to shine a light on this topic by having folks share their stories of hope and resilience. There are so many issues that influence our mental health throughout our lives, including the pandemic. Therefore, it's important to bring our community together and talk about suicide. By having conversations about suicide, we learn how to help others and inspire hope. Together we can make a difference by supporting each other and our community."

Ventura County Behavioral Health is proud to offer this opportunity, which is made possible through funding from the Mental Health Services Act. This forum will also be interpreted in Spanish ([register here](#)).

[Pre-registration](#) is required by September 20, 2021. For information or assistance on the forum or registration, please contact: [mhsa@ventura.org](mailto:mhsa@ventura.org).

For suicide prevention resources, visit: [www.wellnesseveryday.org](http://www.wellnesseveryday.org).