



**Dear Tuonga'ane,
If I could wrap up happiness
to give, it would always be my
gift to you. I will always be
here for you in your time of
need.**

PACIFIC ISLANDER INITIATIVE

SUICIDE PREVENTION

WE ARE HONORING THE VOICES OF OUR COMMUNITY

This is what suicide prevention in the Native Hawaiian Pacific Islander community looks like - addressing our village free from judgment to provide safe and brave spaces for dialogue about suicide and mental health at home and in church; to listen with an open mind and open heart; and to explore preventive pathways as a family.

If you or someone you know is in a crisis, experiencing thoughts of suicide, or for more information about how to deal with suicide.



If you or someone you know is struggling or in crisis,
contact our 24/7 CRISIS hotlines:

Call 650-579-0350 or 988

Text "Bay" to 741-741 or 988


Visit SanMateoCrisis.org

For more info on resources and services, visit our Pacific Islander Initiative website at smchealth.org/pacific-islander-initiative



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

A woman with dark hair pulled back, wearing a yellow and black patterned top and blue pants, sits on a wooden bench. She has a serious expression. In the background, a church steeple with a cross is visible above a line of green trees under a bright sky. A white rectangular box with a black border is overlaid on the left side of the image, containing text.

**Dear Faifekau,
What I need to be okay is
space in the church to talk
about suicide and mental health,
judgment free.**

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**BEHAVIORAL HEALTH
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**Dear Uso,
O le uo i aso uma, a o le
uso i aso vale. I got your
back no matter what.
Through hell and high
water, I'll be by your side.**



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**Dear Faiako,
I am more than just your
student; I am a whole
person with struggles
and challenges. I ask for
your compassion when
times are rough.**



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SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
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**Dear Tuafafine,
You could never bother
me. Hearing your voice
could save my life.
Please continue to check
in with me. I'll be better
by reaching out when
I'm in a dark place.**



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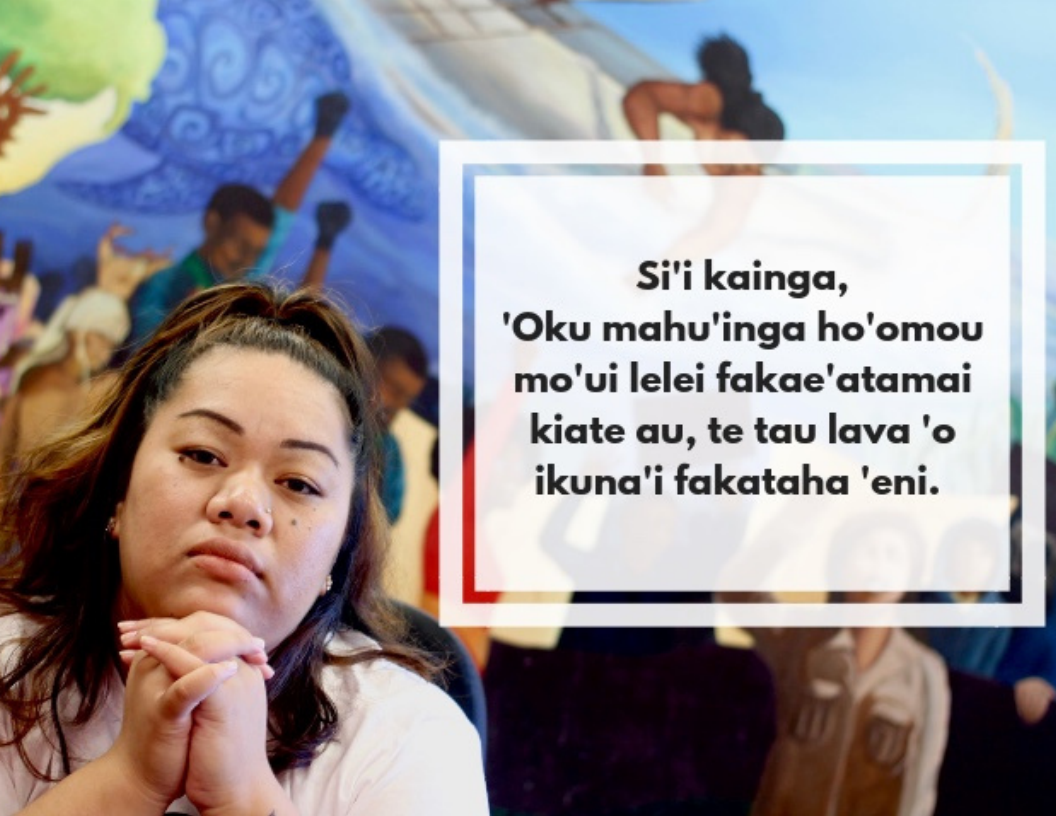
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**Si'i kainga,
'Oku mahu'inga ho'omou
mo'ui lelei fakae'atamai
kiate au, te tau lava 'o
ikuna'i fakataha 'eni.**

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**Dear Us,
Don't give up on today,
tomorrow needs you!
I am here to listen,
understand, and
support you.**

1-800-273-8255

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**Dear Tuofefine,
Your burden is also mine to carry.
That is why I'm your brother.
I will always be here for you in
your time of need.**



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**Dear Tokoua,
I will never give up on you.
Please know that you can
talk to me about anything.
I am here for you, always.**



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A young man with dark hair and a mustache is sitting on a blue metal mesh bench outdoors. He is wearing a blue long-sleeved shirt and a black backpack. He has a serious expression and is looking off to the side. The background shows trees and a bright sky. A white text box with a dark border is overlaid on the left side of the image.

**Dear Matua,
What I need to be okay
is to know that I can
talk to you about suicide
and mental health,
judgment free.**

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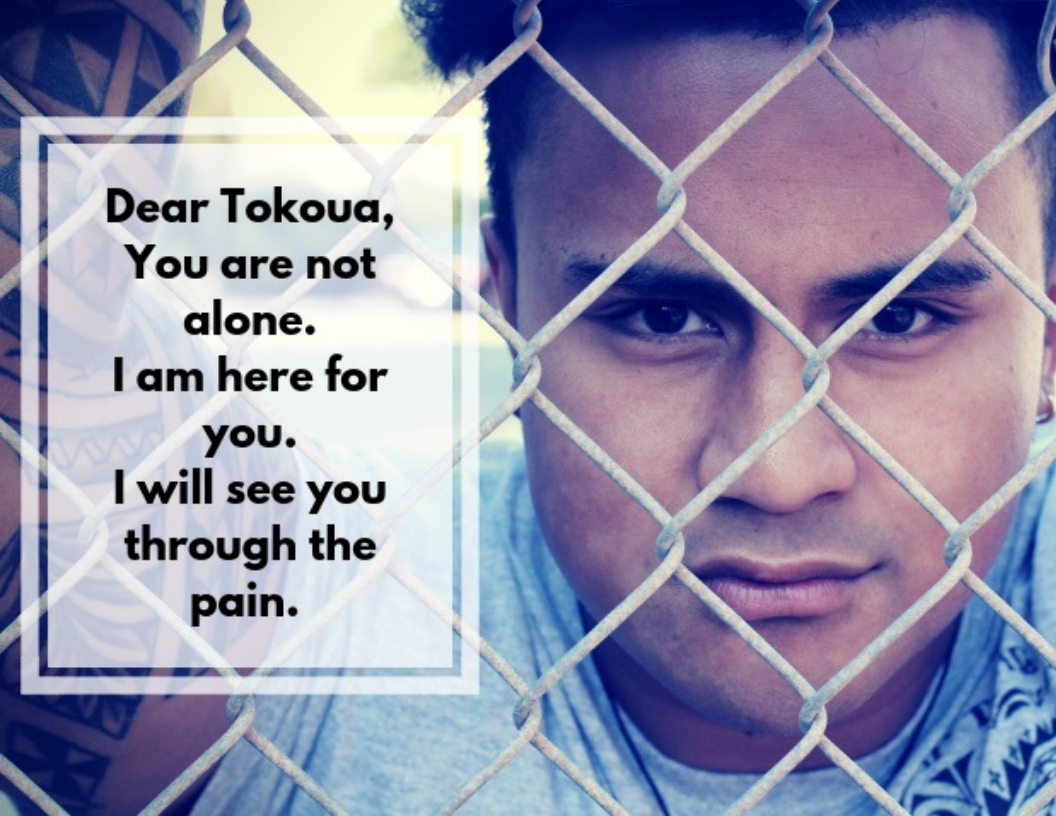
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A close-up photograph of a young man with dark hair and eyes, looking directly at the camera through a silver chain-link fence. He has a serious, somewhat somber expression. He is wearing a light blue t-shirt. The background is blurred, showing some greenery and a patterned object on the left. A white rectangular box with a thin black border is overlaid on the left side of the image, containing text.

**Dear Tokoua,
You are not
alone.
I am here for
you.
I will see you
through the
pain.**



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**Dear Fanau,
I am here for you if you
have thoughts of suicide or
if you feel depressed. I am
here to listen without
judgment. We can get
through it together.**



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**Dear Tuonga'ane,
Suicide does not end your sorrow.
It just passes it on to our family.
I am here and I am willing
to carry your struggles for you.
You are not alone!**



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