



Saving Lives, Supporting Minds: A Suicide Prevention and Well-Being Fair

WEDNESDAY, APRIL 1 | 9 AM–3 PM | STUDENT SERVICES PLAZA

Break the stigma surrounding suicide and learn how to support those who may be struggling at the **Send Silence Packing® (SSP) Exhibit**. SSP serves to change the way we think, talk, and feel about mental health, and how we show up for the people around us.

100 Backpacks, 100 Stories

Explore powerful stories honoring individuals lost to suicide and courageous survivors who share messages of hope and recovery.

Behind the Backpacks & A.S.K. Training Kiosks

Take a short training on how to recognize warning signs. Participants receive a certificate (*great for resumes*).

Hope Wall & Share Your Story Booth

Leave a message of encouragement, reflect, or share your own story in a supportive space.

Community Resource Fair (10 a.m.-1 p.m.)

Connect with 20+ local organizations offering mental health resources, support services, and information.

Presented By:

The Send Silence Packing® Exhibit will coincide with Student Health Services' annual Spring Health Fair, presented in partnership with the Student Equity & Achievement and the LGBTQIA+ Pride Center.

Free Burritos!

(While supplies last
starting at 10:30 am)



Questions? Please visit Student Health Services online at www.elcamino.edu/SHS

El Camino
College 



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ACCOMMODATIONS: If you anticipate needing any type of accommodation, or have questions about the physical access provided, email ecstudenthealth@elcamino.edu.